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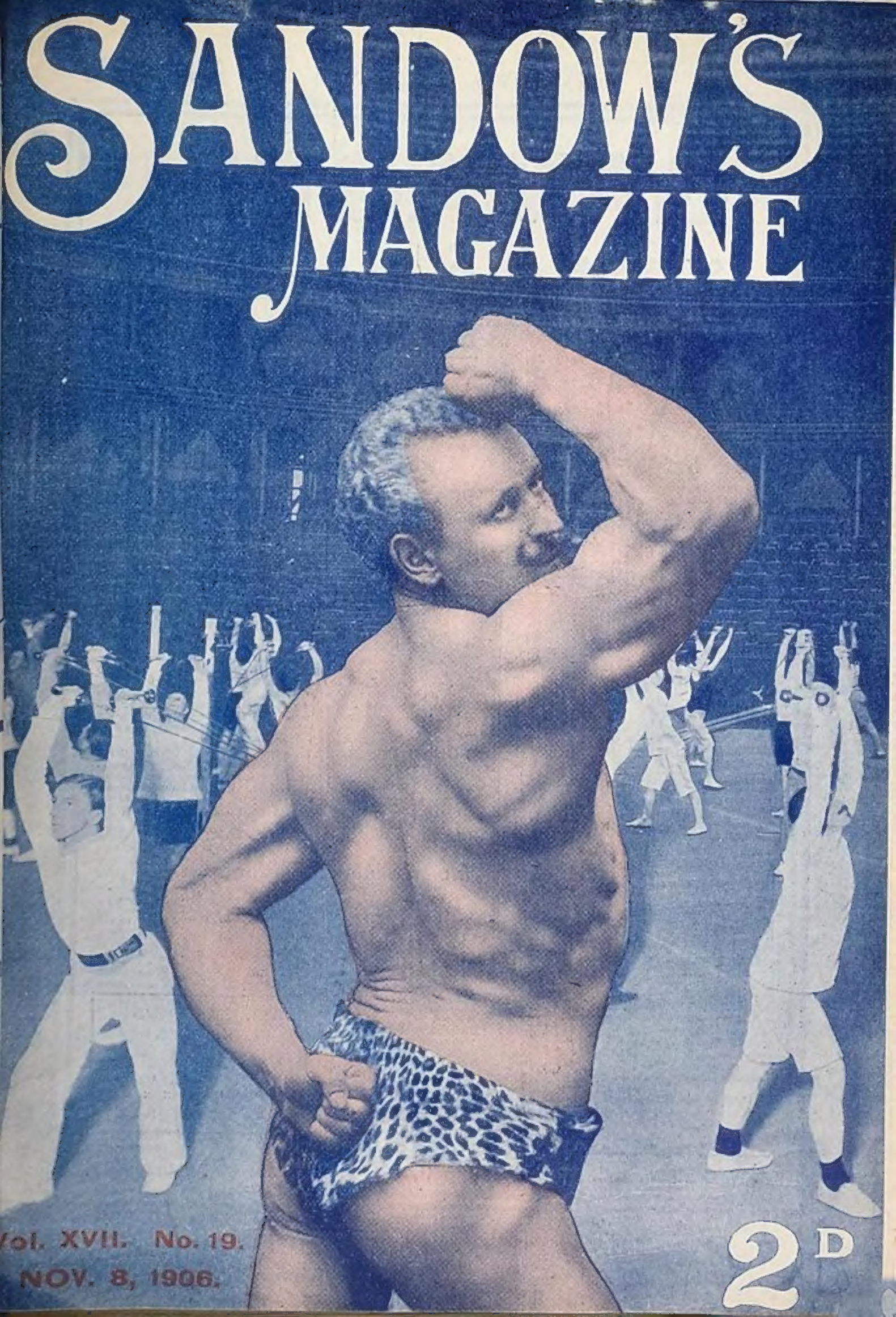

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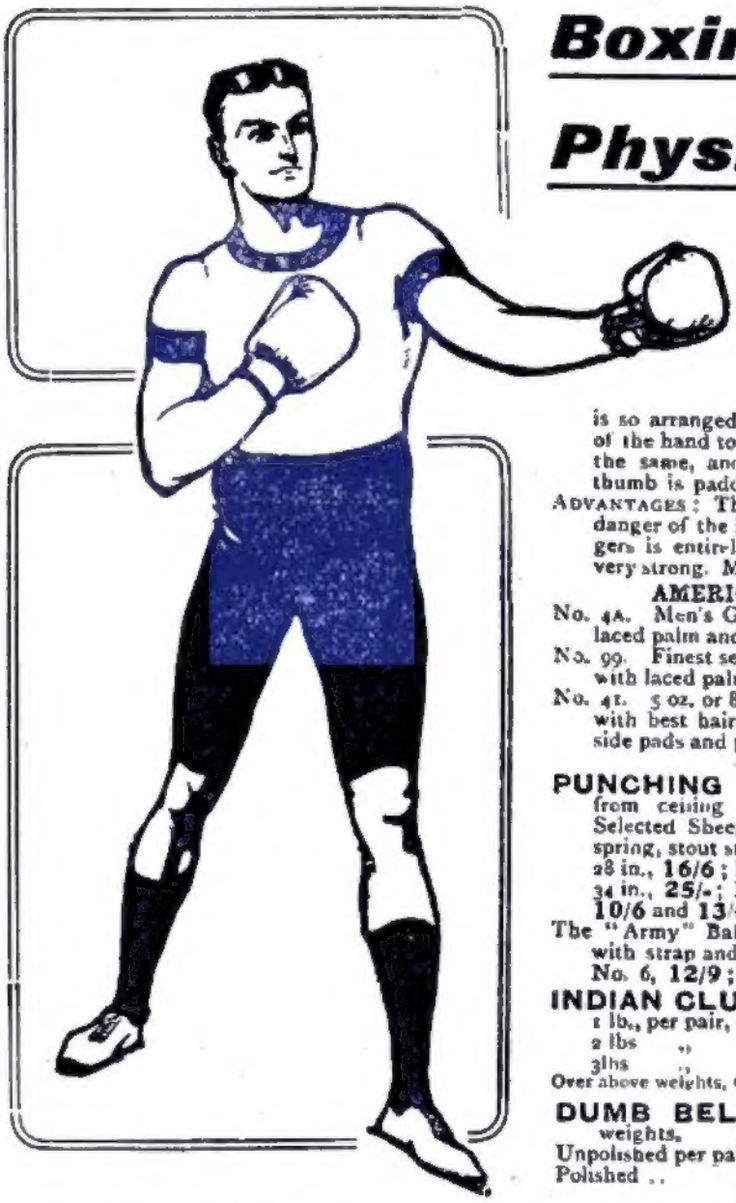

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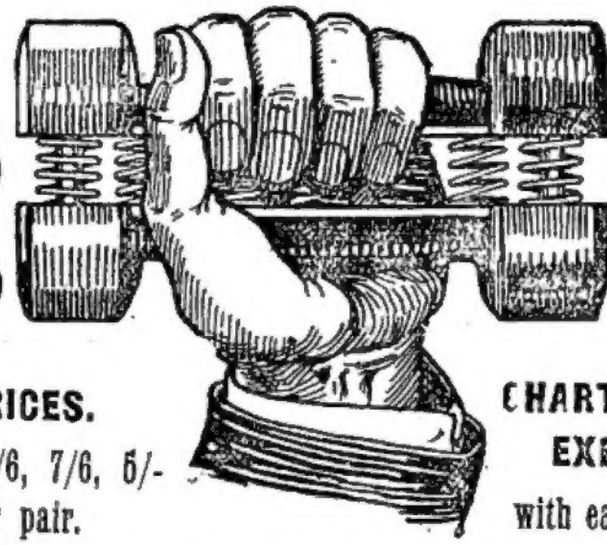

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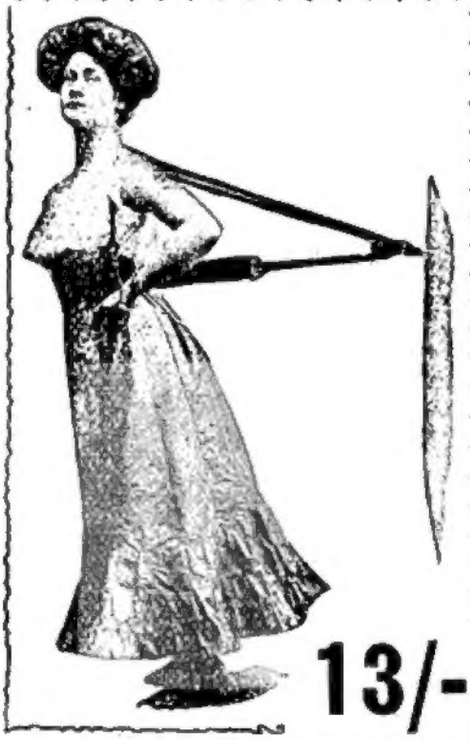

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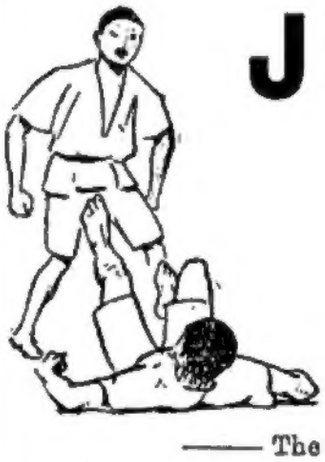

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(Est. 1898). VOL. XVII.
No 19

NOVEMBER 8, 1906.

SANDOW'S MAGAZINE

. . . OF . . .

PHYSICAL CULTURE

EDITOR: EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTICE TO CONTRIBUTORS.—The Editor will at all times be glad to consider Articles, Stories, and Sketches, but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

THE remarkable sequence of successes achieved by the South African footballers, coming as they do in immediate succession to the sensational record of the New Zealanders, is evidently causing something akin to panic among the supporters of Rugby football at home. It is certainly ominous that the Colonial teams should inflict such a remarkable series of defeats upon the representatives of the home country, and naturally gives rise to varied speculations concerning the cause or causes of this disagreeable state of affairs.

"DEAR EDITOR," writes a Yorkshire reader, "whatever is the matter with our Rugby footballers? Are we to accept the defeats of our home players by New Zealand and South Africa as evidences of national physical deterioration, or are the Colonial victories due merely to superior skill and strategy?" My own honest opinion is that the results are really due to the superior physical condition and greater stamina of our visitors rather than to any mere cleverness in tactics. In the first place, physical culture is much more popular in our colonies than it is at home, and enthusiasm in the direction of physical education is more pronounced. I could not fail to observe this during my last visits to New Zealand, South Africa and India. Physical education in the colonies is part of the warp and woof of life, and the training of the body is regarded as a prime factor in the cultivation of the mind.

NOTHING was more evident to the onlooker at a match in which the New Zealanders were engaged than the magnificent co-ordination of thought and action evinced individually and collectively, and the same thing is apparent in the play of the "Springboks." Where the home players show signs of hesitation and tardiness of action the South African players seem to make

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the correct movements almost automatically. This pleasing co-ordination is largely the result of physical training, by which the muscles have, while being thoroughly developed, been schooled into rigid subserviency to the mind. Mind and muscle may be said to synchronise in operation, and that factor alone is, I take it, the great secret of the success of our Colonial visitors on the football fields.

———

THIS is the season of cold-catching, and it may be well to remind my readers that colds are really the result of a lack of fresh air. Through unwarrantable fear of catching cold from every breath of air, many people house themselves, both day and night, in rooms and apartments that are little better than air-tight chambers. They force themselves to breathe an atmosphere that is deficient in oxygen and contaminated with carbonic acid and other poisonous gases. And, as a rule, they have their rooms excessively warm. A good fire in an open fireplace may carry part of the contaminated air away with the smoke, but steam radiators and other heating devices which require neither air ducts nor flues in no way diminish the impurity.

———

THE effects of breathing vitiated air are especially pernicious to the health of children. They are generally manifested first in the nervous system by the production of drowsiness and mental dulness. Poisonous matters that are normally exhaled by the lungs and skin are retained in increasing quantities in the blood. They render it impure and a form of anæmia is soon produced. I recommend my readers to carefully study the article on "Catching Cold," which appears in the present issue.

———

PEOPLE have faith in drugs all the world over, in exact ratio of their ignorance of their nature and *modus operandi*. If it were generally known that all the sarsaparillas, tonic pills and bitters, invigorating cordials, purifying syrups, life balsams, blood foods, nerve strengtheners and matchless sanatives of the world, which are running down the throats of the credulous and unthinking multitude, as the rivers run down to the sea, owed all their potency to charm, their virtue to cure, and their ability to delude to some combination of stimulants and narcotics and mainly to alcohol, opium, sugar, etc., they would no more think of seeking a remedy for disease in any of these quack nostrums than they would think of going to a grog shop for a panacea for all the ills that flesh is heir to.

———

ONE of the signs of mental health is equanimity of temper, and the ability to bear with indifference, or even pleasure, the little trials of life, and especially those which come from scolding, petulant, cross, irritable persons. To this end, the art of not hearing too much should be learned. There are many things which it is so painful to hear, very many of which, if heard, will disturb the temper, corrupt simplicity and modesty, and detract from health and happiness. If a person falls into a violent passion and calls one all manner of names and we can shut our ears and not hear it, or if we can laugh at the words instead of becoming oneself excited, it is a sign of a healthy nervous system.

NOURISHMENT OF THE TEETH.

IT is the outside of the grains and the cereal foods that contain the carbonate and phosphate of lime and other earthy salts which nourish the bone tissue and build the frame. It is the outside of corn, oats, wheat, barley, and the like, or what is commonly called bran that we sift away and give to the pigs which the teeth naturally require for their proper nourishment. Oatmeal is one of the best foods supplying the teeth with nourishment. It makes the dentine and enamel strong and able to resist all forms of decay. Nothing is superior to brown bread for bone and tooth building. Baked beans, too, have considerable supply of these lime salts and should be on the table, hot or cold. three times a week.—*Health.*

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PHYSICAL CULTURE IN AMERICA.

Interesting Symposium.

[*The editor of the "* AMERICAN GYMNASIA *" recently wrote to a number of men interested in physical education to obtain their opinions as to the verity of the oft proclaimed progress of physical training, and its most probable development during the next decade. We reproduce some of the replies received.*—THE EDITOR.]

THE individuals, says the editor of the *American Gymnasia*, who were asked to contribute to this study were: (a) Presidents and secretaries of organisations of physical training instructors; (b) directors of normal schools; (c) editors of the professional journals. The idea in mind was that these persons were in positions enabling them to see the whole field, and to grasp its developments and tendencies readily. The request made was as follows:

THE QUESTIONS.

Will you let us have the benefit of your observation and experience in a brief reply to the following questions? We intend to publish a general study of the present condition of physical training and its prospects, based in part on such replies as we ask from you.

Questions: What, in your opinion, is the most noteworthy evidence during the past ten years of the progress of physical training: (a) in your own field; (b) in general?

What do you consider to be the most likely development of physical training during the next ten years: (a) in your own field; (b) in general?

Appended are the replies as received up to the time this issue was prepared for printing:

DOING MORE FOR THE INDIVIDUAL MAN AND WOMAN.

By Dudley A. Sargent, M.D., Director of the Gymnasium, Harvard University; Director Harvard Summer School of Physical Education; Director Sargent Normal School of Physical Education.

Looking over the past few years, the general development of physical training is plain to be seen. The most noticeable progress during this period has been in the schools and Young Women's Christian Associations. The progress in these associations both in extent and character of the work done has been much greater than is generally recognised. The development of municipal gymnasia and connected features is a recent development of much importance. In general the tendency is to get down to the people and to benefit individuals.

Looking forward to the next ten years, I do not see how we can avoid giving more attention to the individuals. The whole tendency of American development is to bring out individual characteristics. The test of all practical effort in life is "what is this doing for the individual man?" Gymnasium work and physical training in general certainly needs to respond to the same test. Mass class work as ordinarily conducted in our gymnasia tends to mediocrity rather than to the development of individual abilities. It is "regimentation" as Spencer says, not progress.

INCREASING PUBLIC AND EDUCATIONAL INTEREST.

By George L. Meylan, M.D., Adjunct Professor of Physical Education, Columbia University; President Society of College Gymnasium Directors; Secretary American Physical Education Association.

In Columbia University there was no physical training ten years ago; there is now an equipment costing about £120,000, a staff of eight regular, four special instructors and several student assistants; 2000 students using the gymnasium; over 600 students in regular physical training courses bearing positive credit towards the A.B. and S.B. degrees. We have definite standards of proficiency

to which students must attain; students receive grades A, B, C, D, and F as in other courses, and the marks in physical education have absolutely the same weight in all matters of scholarship, honours, deficiencies, etc., as marks in English or history.

I believe that the greatest progress of physical training in general during the past ten years has been in four directions: (a) Increased recognition from educators; (b) remarkable increase in number of institutions doing physical training work, and a corresponding increase in material equipment; (c) large development of public interest and appreciation of physical training as shown by the extensive development of the playground, settlements, and municipal gymnasia movement; (d) distinct improvement in the character and professional training of physical training teachers as shown by the higher standards of normal schools, the increase in the number of schools, and the increased qualifications demanded by educational institutions.

In my field (Columbia University) I am looking for more extensive development of elective courses in physical education; a better co-relation of athletic and gymnastic training; and possibly the offering of physical education for entrance to college.

I believe that the improvement and increase mentioned under four heads above as distinctive of the past ten years will continue during the next ten years.

ATTENTION TO HYGIENIC AND RECREATIVE ASPECTS.

By George J. Fisher, M.D., Secretary Physical Department, International Committee of the Young Men's Christian Associations; President Physical Directors' Society of Y.M.C.A. of North America; editor of *Physical Training*.

In reply to your inquiry for my opinion of what has been the most noteworthy evidence of the progress of physical training in the past ten years and the most likely development in the future, I answer briefly as follows:—

In the Young Men's Christian Association during the past ten years: A growth in the number of gymnasia from 512 to 568, an increase of 56. Small and poorly equipped gymnasia have been displaced by more commodious and complete structures.

In 1896 there were but 240 physical directors. In 1906 there were 384, an increase of 144. There has been a constant elimination of the unfit and an increase of the proportion of trained men, making for greater efficiency in the work. Fully 40 per cent. are graduates of the Association training schools.

In 1896 the number of men participating in the physical privileges of the Association was 52,672; in 1906 this number had increased to 153,473, an increase of over 100,000 in the ten years, or an average of 10,000 yearly.

The most noteworthy evidence of progress has been the attention to the fundamental and accepted forms of physical training and the attention to the hygienic and recreative aspects of the work. The relation of the physical work to the Association work as a whole has been discerned. The scientific method of study has increasingly characterised the work conducted. The Association recognises not only its membership as its field of effort, but the whole community, and has sought to adapt its work to meet the larger needs. In this effort it is significant to note that 271 leaders were trained and furnished to direct the physical work in churches, boys' clubs, settlements, etc.

A higher grade of work has been done by the training schools, and degrees are conferred upon the graduates. A new summer school also has been organised at Silver Bay, N.Y.

In general: Increased popularity of physical training with the masses and greater participation on the part of many—the introduction of physical training in the grammar schools, great growth in the number of public playgrounds and gymnasia, the greater dignity of physical education in the colleges, and the recognition of physical training as an integral part of education.

The most likely development in the future in the Y.M.C.A.: Larger success and greater advances in relating the physical work to the needs of the commercial and industrial classes, the influencing of corporations to make provisions for the recreative needs of their employees,

prevailing upon the municipality to provide for public recreation, the education of young men with reference to their physical habits and right living.

In general: Great growth in public playgrounds in the medium sized cities of America, great development of physical training in Canada and in the Western and Southern states, increased facilities for and participation in physical privileges and athletic sports by the mass of individuals, increased use of preventive measures for maintaining health, of which physical training shall be a great part.

IMPROVED PERSONNEL AND SPIRIT OF CO-OPERATION

By James H. McCurdy, M.D., Director of Physical Department, International Y.M.C.A. Training School; editor of *American Physical Education Review.*

The most noteworthy evidence of progress during the past ten years in physical training is the improvement in the personnel of the teaching force. Another evidence of progress is the co-operation of various groups, who ten years ago stood out for this or that system. The question now seems to be what is right; ten years ago it was "How can I defend my position?"

It seems to me one of the important duties during the next ten years will be the placing of athletics in all educational institutions directly under the faculty. They will be used by them as a part of the educational work of the institution.

ADVANCEMENT NOTICEABLE IN EDUCATIONAL CIRCLES.

By George Wittich, Director Normal School of the North American Gymnastic Union.

According to my observations the progress of physical training during the past ten years has been as follows:

In Association work no progress worth speaking of has taken place, whereas that in the primary and elementary public schools, as well as in the high schools, has been considerable. In most cities physical training is slowly but steadily becoming a recognised educational factor and a science. In a number of commonwealths the physical training is based strictly upon the laws of psychology, pedagogy, physiology of the human body and sociology. It is true that pedantic and erroneous methods of conducting physical training are yet found occasionally, due to the work of men and women who are full of theory and high ideals, but lack the practical knowledge and experiences which are so very necessary to make physical training a successful department in general education. This condition will be eliminated in the course of time through the exchange of thought.

In some localities too much success is expected from the exclusive practice of the so-called "natural activities," running, jumping, throwing, striking, etc. We all know and appreciate the value of these activities, especially when they are brought into the employ of education properly, but alone they lack the refining influences of some of the more formal and artistic work. Only a well balanced combination of these activities and the more formal and artistic work will produce a system of physical training that will answer all demands of this age of progress, electricity and steam power upon the human being.

GROWTH OF ATHLETICS IN MIDDLE WESTERN SCHOOLS.

By Horace Butterworth, Director Philadelphia Normal School of Physical Training.

In response to your questions regarding evidences of progress in physical education during the past ten years, I should say that in university circles in the middle west, where all but two years of my experience has been passed, the growth of interest in track athletics and football has been the most notable factor. The interest has spread from the universities downward through the various strata of school life, and is a marked characteristic of all grades of grammar, high and preparatory schools in that section at present, as compared with an interest centering in small groups ten years ago.

In a general outlook I think the construction of out-of-door and municipal gymnasia culminating in the splendid equipment provided by the South Park Commission, Chicago, is the most noteworthy evidence of progress.

In the prophetic line, I consider the most likely development in normal school methods to be a raising of the standard of admission as to educational requirements, and a differentiation of courses to provide specialists for particular forms of work.

In general, most marked progress is apt to be made, I think, in the spread of physical training in schools and in providing facilities for exercise by towns and cities.

IMPROVED TEACHERS; GROWTH OF INTEREST BY PHYSICIANS.

By Watson L. Savage, M.D., President New York Normal School of Physical Education.

Replying to your very interesting question, I beg to present briefly the following signs of progress :

The improved educational standing and rank of the teachers of physical training.

The increased number of public schools in large cities making provision for the work and requiring the same.

Giving credit of points to count for a degree in colleges.

The broader courses being taught in our normal schools of physical training.

In my own field (medical) evidences of progress are to be seen in the increased number of physicians making use of exercise as a part of their prescription.

I would like here to add that the greatest need is a proper education of the physician as to the use of exercise as a therapeutic agent. This must come through instruction in our medical schools and research in physiology of bodily exercise and writings of physical educators.

This is the line along which I hope for most in the next ten years, but it is a little early for it now. At present the rapid development of general athletics and games with, later, classification and closer regulation, is the evident tendency. Too much competition is the red light of danger ahead. A suggestion for the encouragement of better general physical condition would be the awarding of a medal (paid for by applicant) for a certain standard of all-round physical excellence, to be determined by a committee of national standing.

CATCHING COLD.

Colds Come from Within not from Without.

By Helen Gray Martin.

ONE of the greatest delusions that has held people in its clutch is, people are always "catching cold." It is time someone proclaimed, with a loud voice, that there is nothing in pure air to hurt any one.

Let us consider what a so-called cold is : We will suppose that someone has been breathing their own and other people's excretions over and over; for the want of proper bathing and rubbing, the pores of the skin are not doing their duty; because of an improper diet the bowels are sluggish; and taking it all together we are putting more on Nature than she can stand. So the good old dame concludes that nothing will do but a good thorough house cleaning. She looks around and realises, to her consternation, that stuff must all be carried upstairs. She gets to work and sends up a good, generous load. But what is the result ?

We feel insulted by her good efforts and send for the doctor to stop her action. He sends quinine and pills, and we throw them down to her with a "Now perhaps you'll keep quiet." As soon as she can rouse herself, she sees she must have more help, so she calls on the lungs to help to cast this out. But we don't feel good and how can we with Nature's forces working so hard that our feelings are entirely neglected ? Again we rebel and send to the doctor for something to keep our lungs quiet. He fixes up a dose as delectable as such doses usually are, with a few extras thrown in by way of experiment. Again is the old lady nonplussed, but she has one more expedient, although it is a hard one. She will now call on the heart for quick decided action to induce heat. She must now burn up the refuse stuff and send out the ashes as best she can.

By this time we are thoroughly alarmed at Mother Nature's capers. A couple of doctors are called in, although it is as plain as the nose on your face what the matter is, it is fever, and now, quick, what will stop fever ? Why, digitalis

and some other things will stop that heart working so, and without that she cannot keep the fever going. So the brave little heart is soon quieted and the machinery becomes clogged more and more until the forces of "not knowing" prevail.

The tired eyes are closed. We pull the curtains and summon loving eyes to take a last look, for the outside of the house will soon be too foul to look upon. Mother Nature has stopped house cleaning.

With different people, with different constitutions and temperaments, Mother Nature has to use different methods and this is why we have *la grippe*, hay-fever, and the many other manifestations of her work, the studying and classifying of which is about as important as naming the waves and bubbles as they break on the shore. What we want to do is to go back of the waves and bubbles and find the right conditions in order to get rid of all this work and worry. Then we can have Nature's forces to help us in our life's work and advancement—instead of spending her strength and ours in so much house cleaning. It is time we went to helping Nature instead of fighting her.

When our conditions are right for a so-called cold, we can take the germ from someone who already has it, and this is where we "catch it," not from the air. I would like you to test this matter. If you have not had a "cold" for some time, go into a close room where someone is suffering from a "cold," and in about a week or ten days you will have it. But learn your lesson right this time, which is, not to keep away from the pure air, but to make your condition right. You may say you never heard of such a thing; very well, what is the profit in saying that which every one knows? Neither have I signed a pledge to step in others' tracks

Miss L. Birchall.

A young Salford enthusiast, a letter from whom appears in the "Readers' Club" section.

THE REASON WHY.

Giles: "Statistics show that fewer men fill drunkards' graves than in former years."

Miles: "What's the cause—world growing better?"

Giles: "No; I guess cremation has something to do with it."—*New York Evening World.*

NO WONDER!

Visitor: "What was the matter with the man they just brought in?"

Doctor: "Stuck his head through a pane of glass"

Visitor: "How did he look?"

Doctor: "His face wore an injured expression"—*Baltimore News.*

RED LIGHTS ON THE ROAD TO HEALTH.

The Burglar Alarm of the Body.

By a Practising Physician.

THE two greatest facts of life are pleasure and pain. The first discovery that each of us makes is that the world into which we have just come contains pain; and the first sound is a feeble wail—a futile protest against the pain and discomfort which are incidental to life.

Now, speaking from a physiological and not from an ethical standpoint it may be said, in a general way, that pleasure is a sign that all is well and that pain is a warning that something is wrong. This is, of course, true only with certain reservations. One of these is that the individual must be in normal condition. To a normal person pleasure and pain are fairly reliable indications as to the advisability of the action. In many cases, however, the taste is so perverted that the senses become entirely misleading. For instance, alcohol is a dangerous poison, and to a normal person the taste and smell of alcohol as well as the effect of a dose are disagreeable, sometimes intolerable. Thus far the sense of discomfort is a guide to what is good for the person. But after he has taken alcohol a certain number of times the taste, smell and effect becomes pleasant to him; so that in his case the sense of pleasure has ceased to be a reliable guide. The same is true of tobacco and of most other drugs. No boy enjoys his first smoke or his first dose of alcohol. To a perverted taste, however, these things become pleasurable.

There are other exceptions to the rule, but in the most general sense it may be said that pleasure is Nature's mark of sanction; while pain is Nature's sign of warning.

A BODILY BURGLAR ALARM.

It would be interesting to take up in detail the exact nature, physiological and psychological, of pain, but the space at my command will not permit of that. It will be enough to say that pain is a disturbance—a kind of burglar alarm which the nervous system sets off as a warning that something injurious to the body has been done or is being done.

Of all the warning danger signals on the road of health pain is the most frequent. On every cross road and byway—on every departure from the straight and narrow path of proper living—there is found sooner or later the warning sign, pain. Whenever you feel pain you may be sure that something is wrong. Whenever anything is wrong sooner or later you find pain.

THE MEANING OF PAIN.

In trying to find out what is the meaning of pain the first point is its location. This does not always mean that that particular part of the body is affected. For instance, there is a serious, in fact, a very fatal disease called "cerebro-spinal meningitis," which is characterised by an intolerably severe headache. Most headaches, however, merely mean that there is a mass of putrefying, irritating matter in the stomach or bowels, or that there is a poison circulating in the blood.

THE NATURE OF THE PAIN.

Then in determining the meaning of pain we must consider its nature—the kind of pain. The pain may be sharp or, as we doctors call it, "lancinating," it may be dull, it may be continuous or fleeting, "coming and going," and lastly I find myself asking the patient if his pain is "a hot pain" or "a cold pain."

Another important point in arriving at an understanding of pain is the study of the accompanying conditions: A pain, for instance, may be accompanied by redness, heat, swelling of the part; it may be marked by chills, fever or disturbance of function; it may be intensi-

fied or relieved by motion. A pain in the side unaffected by motion, unattended by swelling or fever, may be intercostal neuralgia. If, however, the pain is sharp and stabbing, worse on breathing, accompanied by fever and disturbed respiration, especially if there is swelling of the structures between the ribs, we have clear diagnosis of pleuritis, or, as it is commonly called, pleurisy.

With other complicating symptoms the pain in the side might mean abcess in the chest, pneumonia, heart disturbance or a broken rib. Pain without any marked symptoms accompanying it is often merely neuralgia. Neuralgia may be in the face, neck, chest, side, back of the leg or in the body. The names "tic doulereaux," torticoleis, sciatica and so on merely mean neuralgia of certain parts. Like all other pains neuralgia is a warning sign—a sign of impoverished blood and retained waste matter in the body. Painful as it is neuralgia is by no means an intractable disease and may as a rule be promptly controlled by natural methods of healing.

Then there are a whole category of pains accompanied by heat, redness and swelling—and that means inflammation.

Gout and rheumatism are pains of this class. A severe pain in a joint may be due to rheumatism or if the swelling is marked and the entire joint is puffy the trouble may be due to inflammation of the joint, arthritis, or to inflammation of the sac surrounding the joint, synovitis.

But to merely call off the names of the various pains which "flesh is heir to" would make a big book. We may say again that pain always means "danger," and that at every departure from the road of health we find the red light, pain.

WHITE spots on the finger-nails tell a very interesting story. They represent flaws in the nutrition of the body. These flaws will always be found in cases of fever. They are evidences that for some reason Nature has not done her duty in building up the nail. The nail is really a record of the life history, just as the hair is. Every hair is irregular in outline. A weak place here, a flaw there, represents the loss of a meal, or a night's sleeplessness. If a man has had a fever, it is written in his hair as well as upon his finger nails.

Hints to Beginners.

EXERCISE will surely be beneficial to you if you take the work regularly and observe the following suggestions:

1. Get a medical and physical examination to find out what exercises are best suited to your needs. Follow out your prescription.

2. Join a club or society, and be regular in your attendance.

3. Observe the rules for bathing.

4. Avoid over-exercising. Stop before becoming very tired.

5. Do not start in too vigorously. If you get stiff and sore continue your exercise, and the stiffness and soreness will soon disappear.

6. To avoid soreness, if not accustomed to exercise, take light work for fifteen or twenty minutes and do not stand around after exercising or bathing. Gradually increase the amount of exercise.

7. Practise deep breathing in the open air, breathing through the nostrils.

8. Eat moderately of plain food, using a mixed diet, especially of fruit and grain. Avoid the foods that are hard to digest.

9. Rest is as important to health and vigour as exercise and food. Sleep in a well ventilated room on a hard bed, using light coverings, and get from seven to nine hours' sleep.

10. Drink plenty of pure water, avoiding all stimulating food and drink, and keep the bowels open.

11. Go to a thoroughly reliable and experienced authority for advice.

12. Have a special time for your exercise, and be as regular as with your meals.

13. If you feel tired from a day of hard mental or physical work, exercise of the right kind will rest you.

14. Do not strive for huge muscles or great strength as it is wasted energy in most cases.

15. What you can do is a better indication of improvement than size.

ARTICLETTES.

TO REGAIN STRENGTH.

WOMEN mostly, but very often men, show the effects of climatic or business vicissitudes in a train of symptoms clearly indicative of bankrupt vitality. It is sometimes difficult to classify the condition in any of the well known disease groups because symptoms of many organs and functions merge into each other and form a complex picture. Impairment of the digestive functions is manifested by loss of appetite, inability to digest food, sometimes gastric pains. Headache, languor, sleeplessness, general exhaustion, constitute the nervous system's methods of voicing its poverty. Loss of flesh and strength and the general state of malnutrition bespeak disturbances of the functions of metabolism regulating the proportion of waste and repair of tissue.

Here is a strong statement, but it is true—every word of it—and is based upon the accumulated experiences of the past twenty years: A good tonic and a moderate amount of outdoor exercise will do more to restore these cases to health than any other restorative known. Beneficial effects are noticeable from the start; it engenders appetite, enabling the patient to digest and assimilate sufficient nourishment; favours the restoration of healthful normal sleep without the use of hypnotics; it gradually but surely brings about normal nutrition and removes the symptoms of nervous irritability. Exercise is in the broadest sense tonic, restorative, reconstructive. It is an indispensable aid in the treatment of poverty of tissue, blood, or vitality from whatever cause.

ACUTE GASTRITIS.

DR. HOWE says: The signs of acute gastritis are restlessness, feverishness, thirst, pain, offensive breath, loss of appetite, and burning sensation at pit of stomach. When these symptoms are present there need be no doubt in regard to the lesion, though the primary cause may be obscure or unknown. For a time the stomach will digest nothing, hence no food may be swallowed. The constant call is for water; and the colder it be so much the better it is relieved. Ice will do, yet a constant supply must be at hand. As soon as the stomach is full of fluid, emesis takes place, often with retching. Then more water! To treat such a case successfully requires thought. Is a drug needed? Possibly a few drops of camphor water, a sip of warm water, or a teaspoonful of ginger ale. Warm water will slake the cravings of thirst better than cold. A dilute solution of sulphate of magnesia operates favourably, even if not well received at first. As the nausea subsides rest will be obtained—possibly sleep. Repose is curative. Almost the starving point is reached before food will stay in the stomach. The cooked juice of beef is to be offered in preference to starchy articles of diet. A hot plate placed on the epigastrium generally affords relief from pain. A teaspoonful of orange juice is agreeable in the advanced stages of the disease, but will be rejected in the earlier stages of the morbid onset. The gastritis of drunkards is obstinate and often dangerous. Ulceration of the stomach is apt to be fatal; and there is no way to tell when a gastritis may become ulcerative.

HEALTH LAWS WE BREAK EVERY DAY.

IT is rather curious that many of the ills which make life a wretched affair are caused by our daily actions. Sitting on chairs, for instance, is "the cause of nearly all our evils in regard to the spine," according to a surgeon of repute. It would surprise the laymen to know how many men, women, and children who pass muster in the street or the dancing-room suffer from deformity of the spine. They are the surgeon's best customers.

Dr. Gowers, one of the greatest authorities on diseases of the nervous system, brings another charge against chairs. If one habitually sits on a hard chair, he says, the pressure of the edge is likely to give rise to sciatica. This is worth remembering, for there must be thousands of people who spend large sums trying to cure their sciatica, while they are all the time adding fuel to it by sitting on hard-edged chairs.

This same disease, as well as the still more painful one of lumbago, are caused by other every-day habits. In hot weather people sit, without thought of consequences, on the grass, the sands, and, worst of all, on rocks. Perhaps they escape for the time, but as soon as the first touch of winter comes the lumbago and sciatica make their appearance.

Then in the morning tub we have the seeds of rheumatism. Sooner or later this daily chilling of the feet produces that inflammatory condition of the joint cartilages which results in crippling rheumatism. A simple precaution is to use a cork mat or a piece of wood for standing on in the bath-room.

FOR A SICK HEADACHE.

A SLUGGISH, unhealthy condition of the liver may be the cause of this distress, or persons who are in the habit of over-eating, or persons not having sufficient exercise are liable to such attacks. A dull pain of a persistent character about the forehead and temples and behind the eyes is one of the best symptoms of bilious headache; throbbing of the temples, head hot and sore, tongue coated, and lost appetite. In acute cases soak the feet in very hot water, as this tends to draw the blood from the head. If the stomach is overloaded open the bowels freely, by taking a dose of Rochelle salts. Take very little food, and do not use coffee under any circumstances. Take plenty of outdoor exercise, be temperate, and avoid excesses of all kinds and strictly observe the rules of hygiene.

DO ATHLETES DIE YOUNG?

Many Exceed the Insurance Companies' Expectation of Life.

THE relations of athletics to longevity is an old question that must be ever new. The subject was again discussed most thoroughly by a critical audience composed of the Life Insurance Examining Physicians of America. Dr. R. Tait McKenzie, of the University of Pennsylvania, opened the discussion with a paper in which he said :

Every year there are in our colleges and universities over 50,000 young men engaging in some form of competitive athletics. In our towns and cities the Young Men's Christian Association and the athletic clubs could show an equal or greater number of devotees. In New York City the Public Schools Athletic League reaches 150,000 schoolboys, and last year about 30,000 boys of all ages up to eighteen, competed for their athletic badge. Most all these will yet be examined for life insurance, and the influence of athletics on their longevity is of the utmost importance.

Athletic contests may be divided into (1) exercises of effort, and (2) exercises of endurance.

Exercises of effort, *e.g.*, sprinting, hammer throwing, weight lifting and jumping. Effects : Increase of blood pressure tremendously at the acme of effort, which rapidly falls to normal. Danger : Ruptured muscles, dilatation or bursting of the blood vessels of the heart, hernia.

Exercises of endurance, *e.g.*, mountain climbing and distance running. Blood pressure rises more slowly, and remains high after the exercises. Strain is thrown upon the excretory organs, lungs, skin and kidneys.

The immediate effect of exercise of effort is upon the heart. Cases of acute dilatation are reported to recover rapidly under rest, without apparent after effects. The immediate effects of exercises of endurance with effort are heart murmurs, fairly constant among football players when out of training, and sometimes resting ; dilatation of the heart, occasionally, and hypertrophy the rule. The danger is only in the notoriously unfit, and in those past thirty-five or forty years there is shown an increase of albumen, urea ; temperature is constant, in long distance races, disappearing in twelve hours ; rapid loss of weight, from two to eight pounds is also noted. There is danger from exhaustion in accidental infections, such as typhoid fever, or pneumonia.

Dr. McKenzie cited data to show that the remote effects on the heart, lungs and kidneys are nil ; and concluded as follows :

TALK HEALTH.

Talk happiness. The world is sad enough
Without your woes. No path is wholly rough ;
Look for the places that are smooth and clear,
And speak of those to rest the weary ear ;
Of earth, so hurt by one continuous strain ;
Or human discontent and grief and pain.
Talk faith. The world is better off without
Your uttered ignorance and morbid doubt.
If you have faith in God, or man, or self,
Say so ; if not, push back upon the shelf
Of silence all your thoughts till faith shall come ;
No one will grieve because your lips are dumb.
Talk health. The dreary, never changing tale
Of mortal maladies is worn and stale,
You cannot charm, or interest, or please,
By harping on that minor chord, disease.

The immediate and remote effects of athletics apart from accidents can be disregarded if a man is sound at the beginning. Necessity of having medical examination before beginning course of training, and necessity of continuing a certain amount of exercise after cessation of competitive athletics is imperative.

Dr. Meylan said in part :

"The question 'Do athletes die young?' is of interest not only to life insurance examiners, but also to physical trainers, educators and parents. Comparatively little scientific study has been devoted to this question. Dr. Morgan found that Cambridge and Oxford oarsmen exceed the expectation of life as reckoned by Dr. Farr's tables. I had the opportunity of studying the longevity of Harvard and Columbia oarsmen, and found that in both universities the oarsmen exceed the expectation as reckoned by the American life insurance expectation tables by several years. Dr. Reynolds, of the Springfield Training School, collected the names of over 300 athletes, most of them champions —who lived more than fifty years.

"The opinions of men who have studied this problem may be stated briefly as follows :

"1. Athletes live as long, and probably longer, than other men.

"2. A study of the causes of death in some athletes who died young showed that a number of them were not sound physically when they took up athletics, and others were killed by dissipation.

"3. Diseases of the lungs, heart and kidneys do not occur more frequently in athletes than in other men.

"4. The strains and fatigues of athletic competition rarely cause permanent injury to healthy young men, but may result in serious injury to men over forty years of age."

HYGIENIC HUMOUR.

An American doctor advertises, "Come to me before life is extinct."

———

Physician—"Why don't you settle that account I have against you ? You said when I was treating you that you could never repay me for my efforts."

Mr. Broke—"I meant it, doctor."—*Baltimore American.*

———

A Natural Swelling — "Physician (with ear to patient's chest) : "There is a curious swelling over the region of the heart, sir, which must be reduced at once."

Patient (anxiously) : "That swelling is my pocketbook, doctor. Please don't reduce it too much."—*Harlem Life.*

———

Wife of Patient—"I'm so sorry, doctor, to bring you all the way to Hempstead to see my husband."

Doctor—"Pray don't mention it, my dear madame. I've another patient in the neighbourhood, so I'm killing two birds with one stone."

Customer (emerging from bargain counter)—"Help ! My leg is broken."

Floorwalker—"You will find the crutch department, sir, on the fourth floor, in the rear."—*Judge.*

———

Doctor—"Mr. Einstein, your bladder contains a stone."

Mr. Einstein (with uplifted hands and genuine Semitic gravity)—"Doctor, is it a d-i-a-m-o-n-d ?"

———

"That was a good joke on Darnlet," said one physician to another. "He couldn't get out to visit his patients during the bad weather."

"Well, but where does the joke come in ?"

"Why, owing to a lack of attention they all got well."

———

A Miracle—First Lady—"I hear that you have been very ill."

Second lady—"Oh, yes, I was. I had three doctors, but being naturally of a strong constitution, I recovered in spite of it all."—*Pharmaceutical Era.*

Smith—"I saw you carrying home a couple of nice looking cucumbers last night, how much did they cost you?"

Brown—"I don't know yet. The doctor is up at the house now."

"Who was the first doctor?"

"Give it up?"

"Job. Didn't he have plenty of patience?"

Doctor—"Are you feeling very ill? Let me see your tongue, please."

Patient—"It's no use, doctor; no tongue can tell how bad I feel."

Mr. Chadband—"My poor fellow, the day has dawned when you are to perish on the scaffold. Have you any requests to make?"

Culprit—"Yes, I wish you'd send for a doctor. This cold of mine seems to be getting worse, and it may run into something serious."

First Oculist—"I had the most interesting case yesterday that I ever had the pleasure of attending to."

Second Oculist—"What was that?"

First Oculist—"A young lady called who, instead of a common pupil, has a college student in her eye."

THE SPRINTER.
The Ideal Build of A Hundred Yards' Man.

Aunt Geehaw (of Hay Corners)—"Did the story you were just readin' in the newspaper end happily, John?"

Uncle Geehaw (approvingly)—"Gosh! Rather; the beautiful heroine got cured of an incurable disease, an' it tells the name an' price of the pills that did the trick!"—*Puck.*

An undertaker in California invites customers with the ghastly assurance, "You'll be glad you're dead, if I bury you."

"Curse me luck!" hissed the burglar, and fled into the night. Bear in mind, if you please, that all crime was now disease, merely, and all disease the work of germs. The burglar perceived in the cellar window where he tried to enter one of the latest electric automatic spraying devices and endeavoured to avoid it. But fortune was against him. A click in the dark, and almost before he knew it he was drenched with germicide and cured of his malady—his only occupation.

FRESH AIR AND HEALTH.

THERE can be no reasonable doubt that impure air is the cause of a great amount of sickness and disease. Impure air and an impoverished system go hand in hand. In the warm, balmy days, when windows are open, and outdoor recreation is sought, there is not so much danger for the want of fresh air; it is after cold weather sets in that pure air starvation takes place. This is the time when coughs colds, and a whole catalogue of diseases are rampant. Is there any wonder, when the body is made weak and sickly by over clothing, lack of exercise, improper diet, and living in poorly ventilated rooms? The great amount of sickness in cold weather cannot alone be attributed to cold weather, cold fresh air is not death dealing; it is the want of cold fresh air that sickens and kills.

Careful attention at all times should be given to ventilation, so that there is always a plentiful supply of fresh air. The entire house should be thoroughly aired every day, and in the sleeping apartments the windows should be open from top to bottom. Sleeping in poorly ventilated rooms, breathing the same impure air over and over, poisons the whole system and makes the body susceptible to disease.

Headaches, and all the various aches and pains can very often be attributed to lack of fresh air. How can a person expect to get up in the morning feeling fresh and strong after breathing poison a whole night?

LACK OF FRESH AIR

is a serious affair. One might for a time feel fairly well though proper ventilation is ignored, but this would simply indicate a healthy, vigorous system, with an extra amount of vitality, and it is only a question of time when the closed room will show its ill effects. It is not always that the fresh air breathed during the day will suffice to remove the poison from the body and remove the evil effects brought on by sleeping in a close room over night.

THERE IS NO GREATER PRODUCER OF COLDS

than living and sleeping in hot, poorly ventilated rooms.

Consumption is greatly indebted to impure air for its existence. Who ever heard of an Indian in his native state dying of consumption! Pure air, and lots of it, is the best cure for lung troubles; this is Nature's cure. It is the violation of Nature's laws that brings on sickness and disease. Pure air is a great tonic; there is nothing that will dispel headache and other ailments so quickly as a brisk walk in the open air, taking in big breaths of pure air. Fresh air is an excellent remedy for digestive disorders, it quickens the circulation, purifies the blood, and strengthens and invigorates the whole system. The beneficial effects of fresh air can be noticed after a day's outing.

Many who are labouring under the delusion that they are sick, says the *Family Doctor*, might be strong and healthy if they would partake of a little more fresh air and exercise. Let us give strict attention to pure air at all times, whether in our homes, office, shop, factory, or wherever we may be. In going to and from work practice deep breathing, air the lungs thoroughly. In connection with air we cannot help but think of the sun. The sun is a part of our lives. When the sun does not shine and the days are gloomy, we feel gloomy; when the sun shines we are happy.

JIU-JITSU FOR THE NAVY.

UNDER a recent grant from the Admiralty, instruction in jiu-jitsu is to be given both at the School of Physical Training at the Royal Naval Barracks, Portsmouth, and at the Officers' Gymnasium, at Whale Island. Instructors from the Japanese School of Jiu-jitsu have began work there.

Jiu-jitsu is one of the quickest of games. It demands little space and no apparatus, except a few mats. It is therefore peculiarly suitable for shipboard, and it is hoped that in the near future ships will have their own instructors.

ARTICLETTES.

THE NECESSITY OF EXERCISE.

Few people seem to realise that the natural functioning of any organ induces waste, in the form of broken down tissue, and that this waste is neither more nor less than a poison so long as it remains in the system. As Bouchard truly observes: "The body is a factory of poisons." Unfortunately, sedentary occupations are rendered necessary by the conditions that surround us, and a sedentary life is fatal to health. Possibly you may have observed a horse that has been kept for a long time in the stall without exercise. When taken out and driven, a peculiar kind of sticky froth appears upon his back and sides, of such a glutinous nature that it can only be removed by washing. This is the result of a sedentary life; the blood is so charged with impurities that the perspiration is loaded with it, leaving this filthy deposit on the skin. When the horse is exercised every day the perspiration is clear like water, and leaves no trace. When it is considered that not even the winking of an eyelid can be accomplished without the breaking down of an infinitesimal amount of tissue; that every movement we make, every thought we think, is attended by the same results, and that the resultant waste is retained in the body at the risk of the individual, the importance of exercise to offset sedentary habits becomes plainly manifest. Every person engaged in sedentary pursuits should devote at least fifteen minutes, morning and evening, to judicious exercise. By this means the fluids of the body are kept in circulation, nutrition is carried to all parts of the body, and the waste products collected and returned. Fortunately, exercise necessitates increased breathing, thereby facilitating the aeration of the blood; but even this is not sufficient for health. Full and deep breathing is the great essential of life. It is imperatively necessary for the maintenance of health; but especially so to those whose avocations are of a confining nature. Without full and deep breathing the carbon in the venous blood is retained in the system, in the same manner that soot is deposited in a house from a smoky chimney. A sedentary life invariably breeds disease, and the only agents to counteract the tendency are fresh air and exercise.

LIFE A LA ROOSEVELT.

In an address before the Medical Society of Tennessee, which has been published in "The Journal of the American Medical Association," Dr. S. T. Rucker protests against the exaggeration of the strenuous life theory usually associated with President Roosevelt. He cites as examples of rational strenuousness the lives of Gladstone and Grover Cleveland, who never sacrificed health and strength to the strain of living.

In the doctor's opinion the modern American becomes a slave to his business until death releases him or he is sent to a sanitorium. "A striking coincidence," he says "is that as our strenuous civilisation progresses, the number of cases of mental and nervous diseases increases. There is hardly a State institution that is not overcrowded. Texas is just completing additional buildings to accommodate the increasing number of insane patients and applications now on file show more than six hundred patients seeking admission that can not be accommodated when the hospital is completed. Besides these State institutions, there are scores of private sanatoriums for treating the milder cases of these unfortunate patients. Nervous breakdown has been called our national disease, and not without good reason. Arteriosclerosis, a disease largely due to nervous strain and hyperarterial tension, formerly a rare disease, is now prominently and extensively treated of in leading text-books on practice. Another striking illustration of the effect of our strenuous civilisation in producing disease is the rapid increase in the number of deaths from heart disease. One hundred and twenty-five persons died recently in one week in New York city from heart disease, while the deaths for the corresponding week in 1904 were fifty-six." He maintains that the endlessly discussed dictum attributed to Dr. Osler—that a man over sixty is practically useless—is really true of most men. After all, it is always the pace that kills, and the United States can be no exception to the universal law. This American doctor admits it very frankly: "Prolonged endeavour, overwork, and worry, with insufficient food and rest, break the equilibrium, exhaust vitality, and invite disease. This condition is too prevalent in our American life. We go under high pressure and our pace is too rapid."

WHEN ARE WE STRONGEST?

The lifting power of youth of seventeen years is 280 pounds; in his twentieth year this increases to 320 pounds; in the thirtieth and thirty-first year it reaches its height, 365 pounds. At the end of the thirty-first year the strength begins to decline, very slowly at first. By the fortieth year it has decreased eight pounds and this diminution continues at a slightly increasing rate until the fiftieth year is reached, when the figure is 330 pounds. After this period the strength fails more and more rapidly until the weakness of old age is reached. It is not possible to give statistics of the decline of strength after the fiftieth year, as it varies to a large extent in different individuals.

WORRY AND BOREDOM.

By C. W. Saleeby, M.D., F.R.S.E.

*[The following article describes in his usual lucid and fascinating style, Dr. Saleeby's views on what may be described as a strictly 20th century malady. It originally appeared in the columns of the "*DAILY CHRONICLE,*" a paper which has recently contained much to interest all physical culturists and students of hygiene.—*THE EDITOR.]

WORRY in the widest sense may be defined as a "maladie des beaux esprits." The unself-conscious animal does not worry, nor does the properly educated child, nor does the savage. The case is the same with a psychical state closely allied to worry and known as boredom or ennui.

It is true that we commonly conceive of boredom as a neutral or negative state, whilst worry is certainly a positive and active state; but such an analysis is not adequate. The truly neutral state of the emotional nature is not boredom, but apathy or unself-conscious content. Ennui, on the other hand, is an active state of consciousness, and may very soon pass into positive irritability. Like worry itself, it is peculiar to highly developed minds.

No one ever yet saw a bored dog, and no one can conceive of a bored cow. A very young baby is incapable of experiencing boredom, but a child belonging to any of the higher races will show signs of boredom as early as the second year of its life.

UNNATURAL GOODNESS.

Physicians are quite familiar with the phenomenon of the preternaturally "good" child; they are consulted about some mental defect observed or suspected, and they are told that the child—aged, say, two years—never gives the slightest trouble; provided with the simplest toy or with none it will remain happy and contented for hours, never getting into mischief or needing the slightest attention. This is an extremely bad sign, and the physician discovers only too readily that the child is an idiot—either of the "cretin" or the "Mongolian" type. A child that will develop into a healthy adult member of one of the higher races should not be unnaturally "good."

I have occasion to observe a baby, nearly two years old, that is very readily bored; no toy will keep it quiet for long; when it has been upstairs and awake for a short time it wants to come downstairs; and the expiry of half an hour downstairs finds it eager to go upstairs again. If it is not provided with plenty of change it soon becomes bored and irritable; and it is not safe to leave the child alone for a moment, for one never knows what it will be "up to next." These characters, trying though they may sometimes be, augur extremely well for the future mental development of that child.

I have unique opportunities, also, for the study of the child's father, who is more easily bored than anyone else I know. He was always addicted to reading at table, and no one has ever observed him taking a solitary meal without a book or a newspaper. Rather than do so he would forego the meal altogether. Until he learnt to drive himself, he would not ride in his own motor car without a book. He dresses carelessly because he becomes bored and irritable after five minutes of the process. Even the pleasant organic sensations due to the easy digestion of a good dinner—sensations which suffice most people—do not avert boredom and irritability, with quite unnecessary worry about his work, unless he has active conversation or a book to amuse him.

A TYPE OF THE TIME.

If he ever lay awake in bed he would probably explode. On the rare occasion when he finds himself in a public vehicle

without something to read, every stoppage annoys him; and after such a journey he suffers from cramps in the thighs and calves, due to the continuous contraction of the muscles of the legs in the attempt to accelerate the movement of the vehicle. He has never taken a solitary, goalless walk, and when he has to walk somewhere always takes a book with him. For some time he thought it inconsiderate to keep his chauffeur waiting for him at a concert with "nothing to do," until he discovered that this lack of occupation, so far from converting the man into an irritable source of profanity, caused him no distress whatever. "Dolce far niente" is for him a contradiction in terms.

My friend is only an extreme case of a type which is highly characteristic of our time. We who more or less markedly belong to it know better than to suppose that ennui is a merely neutral state of mind. We know also that, though it is not identical with worry, yet it cannot long be endured without leading to irritability and even actual worry.

I have described the type to the best of my ability, but I have no practical suggestions to make. The type should be definitely recognised, however, for its existence has an important bearing upon that exodus from the country into the cities which is so marked a social feature of the age. Keen observers are assured that civilisation is well named—it means cityfication—and the kind of mind that is produced by civilisation can only be contented in cities. An important factor in the depletion of our rural districts is the sameness, the tameness, the monotony of country life. City dwellers acquire a factitious love of the country, as a change, but they would be very sorry to be condemned to permanent rustication.

The modern mind is too active for country life to be tolerable. Before long it produces a boredom, with only temporarily pent-up irritation, which may actually cause more nervous wear and tear than the noise of "streaming London's central roar." And since confession is good for the soul, and especially since one concrete instance is worth reams of generalisation, I may freely admit that, after working in the quiet of St. John's wood until, say, four o'clock in the afternoon, I often find myself becoming bored and, in order to avert the irritability which would soon follow, hie me, on the smallest pretext, to such a neighbourhood as Oxford Street, where the delightful crash of the motor 'buses has lately made the metropolis even dearer to at least one Londoner, and soon restores his mental satisfaction!

THREE VIEWS OF LIFE.

THERE is nothing of which men are so fond, and withal so careless, as life.

BRUYERE.

* * * *

DOST thou love life? Then waste not time, for time is the stuff that life is made of.

B. FRANKLIN.

* * * *

LIFE is a duty which we must fulfil. We are in the world, doubtless, in order to be happy; but the well-disposed find their highest happiness in the performance of their duties. . . . Man is placed in the world to gain experience, and to use it for his own inward benefit.

VON HUMBOLDT.

BOREDOM IN OLD AGE.

It is in old age, however, that boredom plays its most malignant part, and its consideration is especially interesting now, because old age is becoming commoner, and because, I fear, young people are becoming less tolerant of it. Most of us know what it is to be bored on a holiday, and the life of only too many old people consists of one long ennuyant holiday. Shakespeare saw as the ideal condition of old age, "honour, love, obedience, troops of friends"; and certainly nothing is so delightful for the elderly as the willing company of the young; and one of the rewards of parentage is subsequent grandparentage.

But where this rejuvenating company

cannot be obtained the old are often in an evil plight, for one cannot always be reading, and the waking brain, in health, displays the necessity to do something. Thus it is in old age especially that we find displayed the chief value of that true remedy for all boredom—the hobby. All practical students of the mind in health and disease are aware of the very great importance of hobbies as a means of mental health, but if they are valuable as providing change of occupation for the adult active nervous man, they are of even greater value for the elderly unfortunate who has unwisely given up work altogether, or has been compelled to relinquish it by some automatic age limit. It is, therefore, a sound principle for the active man and woman to cultivate and develop, even at the cost of a little time, any taste that they may possess, whether in sketching or chess or any other occupation, the practice of which is not interfered with by age; then, when old age comes, they will have the wherewithal pleasantly to occupy their time.

This is a simple form of saving up for a rainy day which is worthy of note, and is at least as profitable as the accumulation of money with the simultaneous atrophy of the mental faculties whereby in later years it may be enjoyed. There are few spectacles more pitiable than that of the old man who, having a long purse but no interest in life apart from his now discarded work, strives to avert boredom, so far as may be, by lingering over his meals. This is very commonly to be observed, and if over-eating is disastrous at any time it is especially so in the elderly, whose mental and physical decadence it unquestionably accelerates.

THE INFLUENCE OF ENVIRONMENT AND HEREDITY.

The two great factors that determine our existence are heredity and environment. They also affect our moral life. Environment includes all those elements that influence us after birth, of which example and education are the most powerful. There is, then, first the criminal by heredity. There may be either a direct transmission of criminal tendencies or merely a transmission of degenerative traits, which may develop into criminality in the children even though the parents were otherwise defective.—M. P. E. Groszmann.

Hints to School Examiners.

By Jay W Seaver, M.D.

[*It is highly probable that every school in England shortly, there will be at least one appointed physical examiner to inspect thechil dren from time to time. The following hints to those who may obtain such appointments are from the pen of a very distinguished American physician.*—The Editor.]

IT is obvious that a medical training is of very great advantage to the person who is to make such physical diagnosis and measurement as shall be strictly scientific and accurate. If the examiner has not a medical education, let him always err on the safe side in a doubtful case and require a certificate from a physician before permitting a course of advanced exercise, or athletic work. But first let him study the case, using all the light that can be thrown on it from books and the history that can be obtained. The examiner must be a student, he must learn, he must study, examining not only the client but books, papers, periodicals. Anything bearing on his subject should be studied and questioned, but not criticised until he is sure of some error; then let him correct the error by showing its inaccuracy of fact or logic.

The examiner must have a thorough knowledge of anatomy and physiology, for in no other way can he become competent to advise a person regarding either health or exercise. To prescribe the same exercise for a person whose system is starved by malnutrition that we would for a person suffering from plethora would obviously be productive of unsatisfactory results both to the pupil and to the teacher. It must be remembered that malnutrition may be due to any one of several causes, and that while some of these will be removed or alleviated by exercise, others might be seriously aggravated. We must know how the machine is constructed and under what conditions it can work most favourably before we can rightly attempt to adjust its mechanism or interfere with its ordinary working.

It is no longer a question of understanding physiology that we may be able to care for the sick—we must know it, that we may understand the law of normal action for every organ and that harmonious inter-relation of all that constitutes health. Health is of more consequence than sickness, for it should be the constant condition of life, varied only by the accidents to which all are subject.

Science has taught us that in living organisms functional activity must be kept up or there will be no development. A group of organs unused will atrophy and become useless. Heredity soon stamps a deformity that has been developed in two or three generations as a type, and succeeding generations that do not possess that peculiarity are looked upon almost as new varieties. This is especially true of physical defects that impair the vitality of the parents. Notice the stress laid upon this law by life insurance companies where business interests have no bias from sentiment. The excellent health of the applicant is not enough if there be a record going back two or three generations of degenerative diseases that have proved fatal, or if the constitutional vigour has been so weak as to let the life go out at about forty-five or fifty years of age from any immediate cause.

The first lesson that we must learn from this truth is that health cannot exist if vital organs are seriously undeveloped.

Health is the condition of harmonious adjustment of all the functional activities. For instance: a normal pulse rate is from 72 to 76 beats per minute under ordinary conditions of rest, but a pulse rate of 72 after a half-mile run might be considered abnormal and the ground for solicitude, for health would demand an increased activity of the heart muscle to supply increased blood currents to the active muscles, that waste products might be eliminated and restorative elements supplied. But further: an adjustment of the pulse rate is not all that is to be required in the case cited, for there must be a corresponding increase of respiration for elimination and oxidation. And so the perfect activity of any organ —even the brain—may be shown to be dependent on the healthy activity of other organs, while the converse may be stated as a physiological truth, viz.: that the imperfect action of any organ impairs the function of all others to some extent. A healthy muscle, then, is dependent on a healthy stomach, heart and brain, no less than on good food, air, etc., while the more refined intellectual processes are also based on a normal condition of the physical organs.

So practical a business man as the Hon. Thomas G. Shearman says: "I do not under-rate the value of pure mental training, especially as that is nearly all which I have myself received; but my very lack of training in physical labour has led me to observe the great value which it has, not merely with reference to bodily health and strength, but for the very purpose of enlarging the mental faculties."

A system of education that has in view the symmetrical relations of mental and physical qualities, cannot ignore the necessity of beginning physical training with the mental. The child should come under the care of an experienced instructor in physical training from the day of entrance to regular school life. A physical examination should be made that should determine the condition of the heart, lungs, spine, muscles, skin, eyes and ears. Many a case of incipient disease or deformity that now eventuates in disaster would be discovered and be checked by a physician, or by a correct regimen inaugurated with the aid of the parents, the child thus being saved as a useful member of society.

To understand this important duty will be the function of the physical director, and the preparation should be careful and constant. Let no teacher look upon his position as a sinecure. There is work to be done in every field.

THE time required for a journey around the earth by a man walking day and night, without resting, would be 428 days; an express train, forty days; sound, at a medium temperature, thirty-two and one-half hours; a cannon ball, twenty-one and three-quarter hours; light, a little over one-tenth of a second; and electricity, passing over a copper wire, a little over one-tenth of a second.

EXERCISES TO IMPROVE THE CIRCULATION.

1. IF your hands are cold, give them a good, hard shaking. Imagine that you have dipped them in water, and that you wish to shake off every drop. Shake them briskly till the fingers begin to feel big and swollen. Keep on shaking them till each feels as "big as a barrel," and shortly they will be tingling and glowing with warmth.

2. If you wish an exercise a little more general in its effect, and also more vigorous, try what is known as the "cabman's slap." Extend the arms at the sides, level with the shoulders, with the palms facing front. With an energetic swing fling them across the chest, crossing each other, the right hand giving a decided "slap" to the left shoulder, while the left hand does the same to the right shoulder. Take this twenty times, first with the right arm crossing above the left, then *vice versâ*.

3. If the hands are not yet warm, this exercise will undoubtedly produce the desired effect. Start in the same position as for No. 2. Strike the palms of hands together sharply in front, shoulder high; then strike them low down, behind the back; then reaching as high as possible overhead; then behind the back again; making four strikes for each exercise. Keep the chest well lifted, and the head erect. Take ten to twenty times.

4. A very good general warming-up exercise is as follows: Raise the arms shoulder high at the sides with the hands strongly clenched. As you raise the arms, rise on the toes, and begin to inhale slowly. Stretch the arms to the greatest extent possible, and without allowing the elbows or wrists to bend, rapidly describe very small circles back and down with the clenched fists, making the circles at the rate of three a second. After you have made from thirty to forty circles, let the arms and heels slowly lower as you breathe out. Repeat four to eight times, or until you are warm. This exercise, besides stimulating the circulation, broadens the chest and strengthens the muscles of the upper part of the chest. In practising it, lean a little forward rather than back.

5. Another exercise which may be taken, without attracting attention, when walking, or while sitting in a 'bus, is to clench the hands very tightly, then to force the fingers open, making strong resistance at the same time. Take first with one hand, then with the other.

FOR COLD FEET.

1. Nothing will warm the feet more quickly or effectually than a good run out of doors, or, if that is impossible, a "run in place," as described in a previous number. In your out-of-door run, run on the balls of the feet, leaning a little forward, and holding the arms in an easy position at the sides. Keep the mouth closed, breathing through the nose, and breathe slowly and deeply. If you are careful to take the breath slowly and evenly you can run much farther without getting out of breath.

2. Rise quickly on the balls of the feet; hold the position for an instant, then slowly let the heels sink. Inhale as you rise, and exhale as the heels come down. Take from twenty to thirty times.

3. The muscles of the calves of the leg will be rather tired after taking the heel raising, and it will both rest them and help bring blood to the feet if you practise the following: Place the hands on the hips, and touch the right toe straight back as far as you can without bending the body or stooping. Then swing the leg with a pendulum movement forward and backward, counting *one* for the forward movement, and *two* for the backward swing till you have counted ten. This will leave the foot in the starting position. Change your weight to the right foot, and take the same exercise with the left foot. In swinging let the leg be relaxed at the knee. Take from six to ten times with each foot.

4. An exercise which may be taken either sitting or standing, is to raise one

foot slightly from the floor, extending it in front. First flex the foot forcibly, then extend it till all the muscles in the upper part of the foot are at full stretch. Take from ten to twenty times with each foot.

5. If you are a stenographer or a clerk, and cannot stop for a run or walk, or even three minutes' "heel raising," try an exercise for the feet similar to one already given for the hands. Contract the toes as strongly as you can. Hold the position for a moment without relaxing the muscles in the least. Then let go, and take the exercise with the other foot. Exercise the feet alternately till they are warm.

Substitutes for Milk.

By Ellen Goodell Smith, M.D.

"WHAT we really need is a substitute, or half a dozen substitutes, for milk. Our food chemists could prepare them from grains and fruits in rich abundance and better than milk. We hope they will do it." So says Dr. M. L. Holbrook.

I am glad this demand has been made in so positive a manner. If a substitute is needed for the product that man has obtained through the laws he has created for the animal, and the use of which custom has made almost universal, then the human family have been very blind not to have taken cognisance of the fact that Nature has always furnished an abundant supply of pure water for the use of all living things. The fault is ours that we have not more freely used it. Pure water at any desired temperature will supply the place of milk for all mixing purposes, no matter how nice or delicate the article to be made. Indeed, bread, biscuit, dumplings, rolls, pastries and cakes of all descriptions are less clogging to the system when mixed with water, as the experience of many cooks will affirm.

Milk is very expensive, and even in a small family many shillings are spent for this article that might be much reduced in quantity, with profit to health and purse. Water is plentiful and cheap even in cities, and if it is fit to drink it is free from disease germs and is the natural fluid for incorporating with our meal and flour in cooking. There are cooks so proficient in the use of water that cake, custards, squash and pumpkin pies and some puddings devoid of milk are so palatable one would not detect the omission. If the milk supply falls short by half or more on a busy baking day, substitute half water, and gain a compliment on your nice custard or bread pudding.

Bear in mind that milk in our cookery causes indigestion, dyspepsia and a long train of suffering in thousands of cases, and also that the economy and success attending the use of water commends itself to all who experiment with it. Milk may be prepared "from grains," and anyone with good common sense and "faculty," can make very good milk of corn starch and water, using one tablespoonful to one pie, and a small piece of butter or a teaspoonful of vegetable oil. To make the milk, dissolve the corn starch in cold water and reduce it with hot water to the consistency of rich milk. We can easily discard milk in cookery, but so long as tea, coffee, etc., are customary drinks milk will doubtless appear on our tables. Those who must have hot or cold drinks at the table or at any time, will find delicious substitutes for the above articles in water, made to suit any taste, by the addition of the juices of a great variety of fruits; these may require a little sugar, but no milk, and may be used either hot or cold, and I prefer them to cereal coffee, unless the coffee be used without milk.

When writing my book, "The Fat of the Land, and How to Live on It," my object was not so aggressive as to discard or banish milk entirely, but to present substitutes for milk and animal products, and I fully realised that it is not the part of wisdom to demolish old idols until we have something as good or superior to offer in their place. The milk problem was easily settled for all who desired, except in infant population, so many thousands of whom must be fed in an unnatural way. My correspondence with hygienists, chemists and scientists was quite extensive, but failed to discover anything to take the place of milk until the babe was at least three

months old, that is all the foods for infants required milk to properly prepare them.

Having used water for many years for mixing everything, with cream, butter and beef suet for shortening and seasoning, with the exit of these came the advent of vegetable oils as their complete substitute. From the once despised, and hard to dispose of, cotton seed, is manufactured a pure article at present known as Diamond Butter Oil, but should be labelled just what it is, Cotton Seed Oil. Along with this we have an article of equal merit extracted from the cocoa-nut known as Nutcoa (formerly cocoa-nut butter). The developments of science have given us these substitutes pure and wholesome, and within the means of all. They are free from disease germs, will not create invalids, are palatable, and if properly used cannot be detected in the daintiest cookery, and best of all they are too pure to become rancid, and much more cleanly to use than animal products, and their various merits should possess sufficient attraction to render their use permanent until something better is produced. We require a certain amount of fat in some form, and the vegetable world furnishes it in great abundance, nuts and seeds being filled with fat.

Olive oil is in common use, but is rarely pure. An authority declares that "two-thirds of the olive oil sold in the markets of the world is born in the cotton fields of the Southern States of America," and it is a significant fact that thousands of barrels, representing millions of pounds, are exported from America every year to France, Italy, Spain and other countries, and is there manufactured into butter and into olive oil, which is sent back to America, which has to pay a large price and heavy duties on this foreign twin production from a native article that, Phœnix-like, rose triumphant above every attempt to destroy it.

FIRST LADY: "I'm taking four kinds of medicine. How many are you taking?"

SECOND LADY: "Oh, medicines don't count. Operations are all the go now. I've had three this summer."

The Humorous Side of Sickness.

By George J. Mason.

SOME years ago Dr. Newhall, the former President of Delaware College, and a personal friend of the Methodist Episcopal Bishop Haven, was very sick. The disease filled the poor man's mind with all sorts of vagaries. For many days he thought himself immortal, and refused to eat anything whatever. The Bishop happened to visit him during this time, and tried to prevail upon his sick friend to take some nourishment. "No, I do not want anything," said he. "I am immortal. I am in Heaven. This is Heaven." Then pausing for a moment and looking at his visitor with a troubled air: "But, Haven, how in the world did you get here? You are the last person I expected to see in this place." When a clergyman exhorted a very sick sister to the effect that flesh and blood could not inherit the Kingdom of Heaven, she replied: Then God be praised. I have been so long ailing that I have nothing now but skin and bones!" A witty man, speaking of a friend who was prostrated by illness, remarked that he could hardly recover, since his constitution was all gone. "If his constitution is all gone," said a bystander, "I do not see how he lives at all." "Oh," responded the man, "he lives on the bye-laws."

That genial humorist, Artemus Ward, displayed his peculiar talent for making a joke even in his last sickness. It was in Southampton where he was tended by his devoted friend, Tom Robertson, the English playwright. Just before Ward's death, Robertson poured out some medicine in a glass and offered it to his friend. Ward said: "My dear Tom, I can't take that dreadful stuff." "Come, come," said Robertson, urging him to swallow the nauseous drug, "there's a dear fellow. Do now, for my sake; you know I would do anything for you." "Would you?" said Ward, feebly, stretching out to grasp the hand of his friend. "I would, indeed," said Robertson. "Then you take it," said Ward.

The curious technical terms used in medicine naturally lead laymen to make many amusing mistakes when they talk on that subject. In former years this

peculiar language was happily burlesqued by Mrs. Partington, who complained: "Here I have been suffering the bigamies of death for three mortal weeks. First, I was seized with a bleeding phrenology in the left hampshire of the brain, which was exceeded by the stoppage of the ventilator of the heart. This gave me an inflammation of the borax, and now I'm sick with chloroform morbus. There is no blessing like health, especially when you are ill." Nevertheless, when the patent medicine advertiser boldly announces that "health is wealth," he is wrong. If health were universal to him it would mean bankruptcy. "Know thyself" is another excellent maxim; but some people would not know much if they obeyed it implicitly. If a man can not get the requisite information on this subject through his own efforts he had better run for office.

"Mrs. Partington's" burlesque of medical terms is exceeded in real life. The medical officer in the London general port office in his report on the candidates for minor appointments in that department, gives a few examples of replies of candidates in making their written statements as to their medical histories: "Father had a sunstroke and I caught it of him." "My little brother died of some funny name." "A great white cat drawed my sister's breath and she died of it." "Apperlexity." "Parasies." "I caught Tiber (typhoid) fever in the Hackney road." "I hed gourners." "Rummitanic pains." "Shortness of breath." "Carractic fever." "Indigenstion of lungs." "Sister was consumpted, now she's quite well again." "Sister died of compulsion." "Toncertina in the throat." "Pistols on the back."

The humorists have had many a good natured jest about the hygienic side of sickness. The first water-cure is said to have been the flood and to have killed more than it cured. As to cooking: hairs, suspender buttons and cinders should be carefully excluded from food for the sick. You may get a good jam by taking a ride on a New York Elevated Railroad train about five p.m. In making raisin cake for a sick person you must never deceive him by putting flies in it. When the patient asks for something light he must be given parlour matches. It is well to have hens that will lay pretty fresh eggs every morning; one man taught his hens to lay eggs with mottoes on them, such as "home, sweet home," "do thy little, do it well," etc. It is urged that a nurse should not strike a patient, for it is apt to irritate a sick person and cause unnecessary worry. People should not go in bathing without their rubbers because wet feet are the cause of nearly all complaints. They should also avoid eating on an empty stomach; four slices of bread taken before you eat prevents this, but, if you can not procure bread, use toast.

On the Folly of the Prevailing Drug Treatment for Disease.

By Charles E. Page, M.D.

SPEAKING of drugs, drugging and the prevailing practice in treating disease, I know of a brainy lawyer in this city, who some years ago entered one of our leading medical schools and had two years' of the most "regular" common-sense-eliminating drilling as to the supposed virtues of drug poisons in the treatment of disease. It did the business perfectly, so far as relates to his treatment of himself and family in illness; for while in his present profession he has sense enough, he hasn't any when it comes to "doctoring" in the home circle. He has a well supplied medicine chest, and he prescribes some sort of pill, potion, powder or tablet for every symptom of disease, with the result that the entire family is constantly ailing. It is just possible that, had he gone through the entire four years' course, and "practised" a few years before marrying and having a family of children, he might have learned enough from experience to spare his own from the evil of drug slugging; for it has become almost a maxim that veteran physicians take little or no medicine and give their own dear ones very little. It was, I believe, the eminent Dr. Rush who said, "The older physicians grow, the more sceptical they become as to the virtue of drug medication."

In spite of the fact that it has long

been a maxim among the really thoughtful physicians that "all diseases tend to cure themselves," which means, simply, that the animal organism can repair as well as create—why not, indeed?—still, the great majority of medical men and surgeons seem to think only of poisoning and cutting in practice. Does the heart beat feebly or flutteringly? A dose of digitalis will almost instantly set it right; that is, under the influence of this poison the heart will for a time beat steadily and with force. All goes well for a time; but next month, or next year, or, possibly from the effects of the next dose, the heart just stops beating and never beats again.

Note the frequency of death from "heart failure"; almost every paper we pick up tells of them, and thousands of cases occur that are unrecorded.

Pelvic inflammation that would yield readily enough to skilful hydrotherapy—what for these? Out with the ovaries or uterus, perhaps everything that can be removed, and let the poor woman keep on living, if the patient be a female; if a male, thank God for an appendix that can be cut out and not have a death rate so glaring as to frighten the poor-devil laity into refusing ever to submit to the operation. To be sure every intelligent student of this question knows that the operative death rate is necessarily high, and that the occasions for such mutilation are rare indeed. We know, moreover, that the appendix is a very useful little organ, and not at all one that is being "evolved" away, as is claimed by the super-scientists; that it is, as one reputable physician lately remarked, "the oil-can of the lower bowel," and that few of the victims of an operation for removal of the appendix ever again have regular bowels.

Moral: Read up for yourself; avoid the "stock" doctor as you would the plague, since, depending, as he does, solely or chiefly upon drugs for his results, he is (except for his sympathy, kindness and good intentions) a nuisance in every sick-room he enters. Find a doctor somewhere on the globe whom you can reach by letter, telephone or telegraph, if you are really in peril, for he can help Nature and help you to health, and teach you how to keep well. On the other hand, speaking of the still prevailing practice, of all the ghastly fakes on the round earth, the drug fake, as taught in the schools and as popularly regarded, is as much more stupid than Christian science, so-called, as the latter is more foolish than the can-can treatment as practised by the Indian medicine men, which really affords a lot of good all-round exercise.

THE CAUSE AND CURE OF WRITER'S CRAMP.

Most authorities on writer's cramp are convinced that the disease arises chiefly from a faulty way of using the pen. To disseminate this knowledge, therefore, and to supplement it by hints as to safer modes of writing may serve a useful purpose. The way one is taught at school may or may not have a permanent influence. Teachers generally endeavour to inculcate a good pose and method. But the young man entering upon office work would do well to examine his style of using the pen. And if he find that the whole act is accomplished by the fingers alone, the rest of the limb being held rigid, he had better amend his ways at once. The more muscles one calls into play—that is, the more complicated the act of writing is—the less is the probability of writer's cramp setting in. To write from the wrist, or, as is sometimes done, to make the little finger a stationary point for the movements of the writing fingers, is to court cramp. The ideal manner is to move the whole arm from the shoulder, and, awkward as this appears to the beginner, the style is easily acquired. But where steadiness seems unattainable in this way, an equivalent may be arrived at by sitting sideways at a rather low, smooth surfaced, flat desk, and allowing the writing arm to glide over the wood. Should even this prove impossible the next best plan is to make the elbow the fixed point and move the forearm. Where symptoms threaten, freer movements must be aimed at. And various devices have been invented to vary the hold upon the pen. A favourite and effective device is a prodigiously thick cork penholder; it may be bought at any stationer's, or the ordinary holder may be thrust through a cork. Or a ball of cork held in the hand may be made to carry the pen. Another invention is a "bracelet," with pen attachment, which slips over the fingers, and is held by opening the hand. The typewriter can rarely be used as a substitute. In marked cases medical advice—which will mean a long rest and the best help Nature can afford, and may mean tonic drugs and electricity and massage—must be sought.—*People's Friend.*

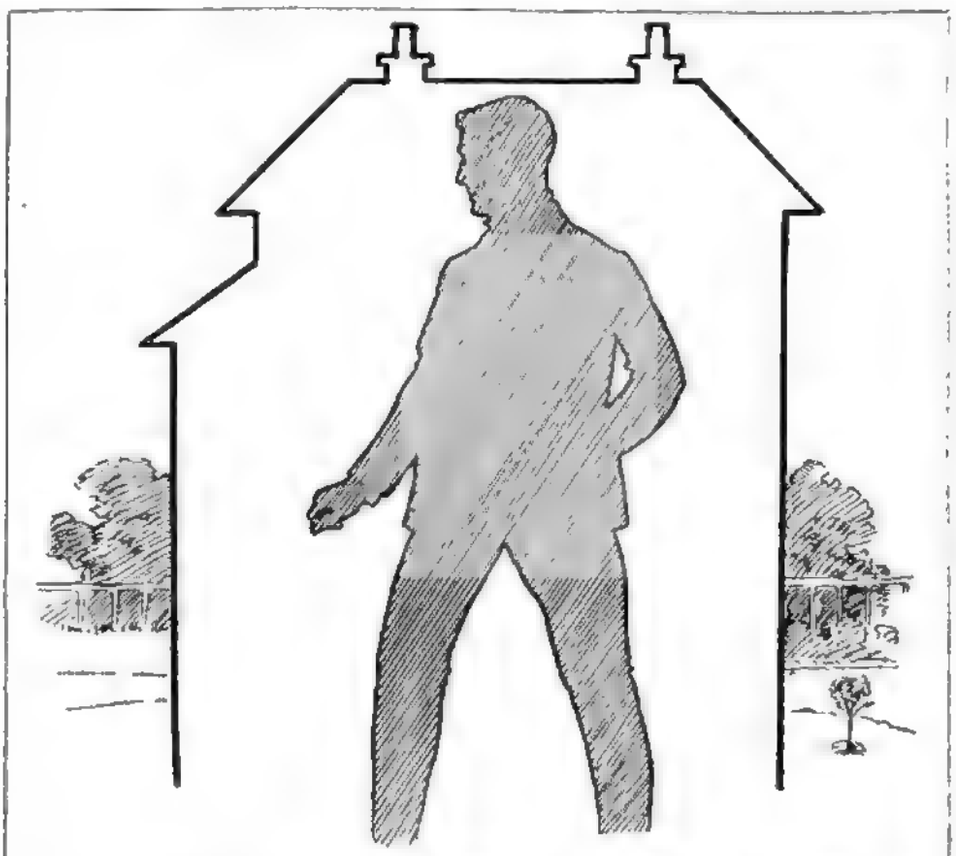
YOUR BODILY DWELLING.

The Home in which you live and move and have your being.

THE human body may be compared to a dwelling house specially built as the home of our immortal spirit. This unique dwelling place is held by us on a repairing lease. Like our ordinary habitations, the body is let to us on certain conditions intended to protect every part belonging to the premises against injury or abuse.

This bodily dwelling, unlike the structures designed and built by men, admits of no improvement on its original design and finish. It is perfect. Not even the grandest monument of human labour will bear any comparison with the perfection of arrangement or completeness of outfit of the house in which our spirit lives.

The framework of the body is called the skeleton. Two hundred and six bones



THE HUMAN BODY COMPARED TO A DWELLING HOUSE.

The length of our life lease depends upon the extent to which we carry out these conditions, and may with due care be extended through many years. But if, on the other hand, we neglect this wondrous fabric of flesh and bone, neglecting or misusing any part, the building will rapidly crumble into a dilapidated ruin, and become a very uncomfortable abode; and should this neglect or misuse be prolonged, our privilege of tenancy will speedily be terminated.

are the timbers of the structure. Each individual bone has a place to occupy and a service to perform, just as each pillar, joist and rafter has in a dwelling planned and built by man. There are long bones and short bones, flat bones, circular bones, some arched, as in the case of the chest, and others irregular, as in the wrist. They give to the body its general shape, and support in proper position the softer parts within and around them. They enclose and protect many delicate organs. For

instance, the brain itself is encased in a hollow box of bones, the eyes are arched over by the bone of the forehead, the lungs and heart are safely packed away in a chest ingeniously constructed of many bones. They also serve as levers for the attachment of the muscles which give motion to the body.

Though mostly of exceedingly hard character, they are constantly undergoing the changes of wear and tear, and this material is—as, indeed are all parts of the body, flesh, hair, nerve, and muscle,—supplied to the bones from the blood.

Of the two hundred and six bones of the body, there are twenty-eight in the head, fifty-four in the trunk, and one hundred and twenty-four in the extremities. They are moved by means of joints of various types.

Perhaps the most wonderful collection of bones is the spinal column, that sinuous support that can be made to bend and twist in any direction. Its pliability is due to the cartilaginous cushions reposing between the vertebræ. All its movements would be impossible if the spinal column consisted of a single bone. These intervening cushions not only provide a sufficiency of motion, but they also serve as springs to break the shock which otherwise, at every step would be felt by the brain, which is located at the summit of the vertebral column. What masonry of man can compare with this triumph of the great architect ?

The bodily dwelling of man has yet another great advantage over the ordinary habitation in that it is not only quite movable in parts, but that it is portable as a whole. The ordinary dwelling house in which we bodily dwell, is, of necessity, a fixture. Not so with the body-house, the home of the spirit. This we can carry with us from place to place in the pursuit of pleasures or business, in seeking means of sustenance, or in the performance of any duty. And the power to move is within the house itself, under our complete control as tenants.

The mind controls the body by calling into service the set of organs which form the muscular system, each simple organ of which we call a muscle. There are five hundred and twenty-seven muscles in the body. Two hundred and sixty-one are paired, and five are single ones. Covered with the general coat of muscles the body has more the appearance of a house that is enclosed, and approaching fitness for occupancy. Some of these muscles are long and round, like a strong cable. Some are long and flat like the bands which move the wheels of machinery. Others are fan shaped, spindle shaped, ring shaped and even saw shaped. In size, the muscles range from the great *sartorius* or tailor muscle which is nearly a yard long, to the tiny muscles found in the ear, which are scarcely larger in dimension than a hair breadth.

A muscle is a bundle of exceedingly delicate chains of cells. From 500 to 800 of these are united side by side to form a *fibre*. Then a greater or less number of fibres are combined to form the bundle which constitutes the whole muscle. Those muscles which are under the direction of the mind, in obedience to the will, are called *voluntary muscles*, while those which perform the movements of the chest, stomach, heart, and other organs are called *involuntary*.

Some muscles, again, have a double character, acting sometimes as involuntary muscles, and yet which may be, at least temporarily, subjected to the will. For example, the breathing muscles of the chest usually act involuntarily, but by the exercise of the will they may be arrested and breathing suspended for a time. On the other hand, the muscles of the heart are purely involuntary, since we cannot suspend the beating of the heart for a single moment by an act of will.

The blood supplies this truly marvellous dwelling with the nourishment necessary to sustain it, and to effect all necessary repairs.

The nerves may be described as the telegraph system that conveys information from the external world. The eye admits the light, the lungs provide ventilation, and over all the complex brain reigns supreme.

Nothing, in short, is wanting to make the healthy human body an ideal temple of the soul. But the conditions of lease are strict, and Nature's laws and punishments inexorable.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may help Many.

For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

[Readers entitled to Medals must make written application for same, enclosing 1d. stamp and cutting of "Letter," same bearing date of issue. No medals will be sent without this application.—THE PRESIDENT.]

His Lower Chest.

Etawah, India.

SIR,—One so seldom sees in your magazine letters from physical culturists in India, that I am tempted to write this in hopes that it may catch the eye of jaded fellow exiles in the Far East, and show them how it is possible to get into condition and enable them to face the next hot weather with less dread than they otherwise would.

It is not my intention to touch upon diet; that is a secret between the cook and oneself and best left alone. The ordinary individual who grills in the plains knows only too well that for six months out of the twelve he is doomed to scraggy mutton (the cook will give you goat's flesh, and charge the price of mutton, if you don't watch it), tough fowls and eggs served up in weird concoctions.

It was on July 7th, 1905, that feeling absolutely washed out and done up with the heat I made up my mind to try and get into condition. I did not wander aimlessly by a bookstall and cast a jaundiced eye thereon and then start back with astonishment, like Robinson Crusoe discovering the foot print. No, I walked quickly down to the railway bookstall and demanded SANDOW'S MAGAZINE, and it was *not* there; after telling the Babu in charge what I thought about him, I wended my way home and promptly wrote to a newsagent for your book on "Strength," and placed a regular order for the magazine.

I recollected that somewhere in the bungalow there was an old pair of 5 lb. dumb-bells, and after rummaging about they were eventually discovered, cleaned, and placed in my dressing-room.

Next morning I rose at six, stripped, took a measuring tape and stood in front of a cheval glass. What a sight! Flesh, fat, flabbiness and a waist (my tailor used to call it my lower chest, and give an apologetic little cough behind his hand as he said it). Let us draw a veil over the picture and skip twelve months. In turning the leaves of my diary I find that during those twelve months there were only fifteen days on which Sandow's exercises were not done, due to an attack of influenza and a motor accident; all the remaining days of the year I rose regularly at six, exercised with those dumb-bells for a solid hour, then clothed in light flannel went for a brisk two mile walk.

Yes, I got hot and wet through, but I knew it was the wickedness coming out of me and that I should reap the reward later on. After the walk a glass of lime juice and soda, a glance at the newspaper, and finally, when cool, a glorious cold tub.

My chest (the upper one) has increased four good inches, and my waist is now 32 inches normal; good health and fitness have returned to me, and I am as hard as nails, and can walk five miles within the hour without the least distress. This, for a married man with a family, forty years of age and just completing his nineteenth year in the East is, I think, an excellent result.

To those who have to spend the best part of their lives in India, and wonder how on earth they can possibly go through another hot weather, I advise giving physical culture a trial. Have a look for those old dumb-bells you had when you first came out, they must be somewhere about; if you cannot unearth them order a new pair at once; get Sandow's books, Anatomical Chart, and don't forget the magazine, you will see some photos of magnificent physique in this. True, you may not be able to show such fine development, but go ahead, who knows?

It is perfectly beastly turning out so early in the morning when you can put in another hour's sleep before the work of another sweltering day begins—I know the feeling so well—but never mind, drink your early cup of tea, out of bed with you, and think about it afterwards; up with those dumb-bells a few times, ah, that is a nice feeling isn't it? and what an ass you feel for hesitating a moment over it.

Awful stiffness and cracking of joints; yes, you are quite right, it does hurt; but never mind, it will soon pass away, and if you have the moral courage to persevere you will soon find out how very easy it is to keep fit in India.

R. WHITLEY.

Footballers and Physical Culture.

Gillingham.

SIR,—After studying your system for a long time, I am anxious to express to my fellow readers the benefit I have derived from it. By the aid of your grip dumb-bells and chest expander I have, during the past year, increased my measurements considerably, having gained 3¾ inches in height, and a stone in weight. The members of our present football team being desirous to take up physical culture, I am going all I can for them by lending them my Sandow's magazines, grip dumb-bells, etc. They are taking my advice to avoid the cigarette mania and are greatly progressing with physical culture.

W. ADAMS.

Oamaru, New Zealand.

SIR,—Being a constant reader of your magazine (which, by the way, has improved wonderfully of late), and having noticed that a column has been opened for the benefit of readers, I thought it might be of interest if I dropped a few lines. Thanks mainly to your visit of a few years ago, physical culture is largely practised in New Zealand, almost every town having a Sandow Class, while in many of the schools the exercises are being taught much more on the Sandow principle than they were, with results which will in the end prove much more satisfactory. Of course, in a new colony like ours one does not meet the physical wrecks which, judging from many of the letters to be seen in the magazine, are to be found in the large cities in the Old Country, where men are cooped up from one year's end to another, and can scarcely get a breath of fresh air. Here everyone leads a much freer life, and one can always get into the country in a minute or two, even if living in our largest towns. Personally I have practised your system for about two years, having been shown the exercises and method of working by Mr. R. O. Jarrett, of Wanganui. I have never used the system with any other idea than that of keeping fit as my occupation is an indoor one. It has answered the purpose admirably, as I always feel in the best of form. I have gone in most for the breathing exercises, and have stuck regularly to the bath afterwards, feeling sure that many lose half the benefit by not at least sponging after exercise. During last summer three of my friends and myself decided to form ourselves into a small club, and we built in our spare time a place where we can meet regularly and where we have all the appliances that we require. We also have quite a library of physical culture books and magazines, and many a good hour we have put in together. It is a good idea, as one man might have some kind of expander or patent dumb-bell that the others have not, and by clubbing together they all get the use and benefit of them. In due time I hope to be able to send you a group photo of our club; at present our champion weight lifter says he is too busy facing a big bar-bell to face the camera, and as soon as he can look at it from arm's length he will make a move towards the photographers.

H. D. STEVENSON.

[I shall be very pleased, indeed, to receive and publish the promised photo.—THE PRESIDENT.]

Another Lady's Experience.

St. Albans.

SIR,—Having seen in your magazine a letter from a lady reader, I feel I should like to write one, although it has taken me sometime to make up my mind.

A year ago I was in very bad health. I suffered from anæmia, indigestion, biliousness, and also with my liver. I grew so weak that I could hardly digest my food or take any exercise; my back grew weaker and weaker and my shoulders became quite round. I took all kinds of iron pills, but to no good, so I decided to leave my home in Yorkshire and come south. It happened that I came to live with a family who believed in your system, and the son had both dumb-bells and developer. I read your magazine and became interested. I was then advised to try some dumb-bell exercises, my adviser making me out a chart and taking great patience in showing me the exercises. I was very weak at first and found they made me very tired, but I stuck to them and very soon saw signs of improvement. I have worked on and on, and now I can honestly say I am in good health and never have bilious attacks, headaches, or indigestion, which before I commenced your exercises I was never without. You will be pleased to hear that I have both dumb-bells and your Lady's Symmetrion, which I work in turn. I am now a firm believer in your system and will do all in my power to help others.

MARGUERITE HENDERSON.

Another Lady Sandowite.

Salford.

SIR,—It is with the greatest of pleasure that I write and inform you how pleased I am with your magazine. I have read it ever since it was published weekly. When I have read my magazine I pass it on to any friends who would like to read it. I am quite happy when I am in my young gentleman's "Sandow-room" as I call it, amongst the weights. I use the developer and grip dumb-bells regularly twice a week, and I am always glad when I can get an extra turn at them. I also like ball punching. I try to act up to the Club motto by advising young ladies who work with me to try your system of exercises on the developer, and I am always willing to give what little advice I can to anyone. It is a great pity that more ladies do not read your magazine as I am sure they would derive great benefits. I will now close by saying I never felt better in my life than since I began physical culture. No doctor's medicine for me up to now, and I hope I never shall want any.

(Miss) L. BIRCHALL.

"I BEG to acknowledge the receipt, per last mail, of the 'Readers' Club Fellowship Medal,' for which please accept my thanks. I think the medal a splendid recompense to those who fulfil the motto of the Club, and an encouragement to every reader of your valuable magazine to do likewise.—AIDAN W. HERLECH (Cape Town)."

REMEDIES WORSE THAN DISEASE.

Many freak medicines which were used by the Ancients are paralleled by Gruesome Compounds that are inflicted to-day on patients in China and some parts of Europe —A wonderful lotion for bald heads.

THE most unsavoury concoctions of the modern pharmacy are as the nectar of the gods when compared with the medicines of ancient times. It would seem that physicians in those days taxed their ingenuity to its utmost to invent the grusome horrors which they prescribed.

Certainly the fiends who were usually supposed to be the cause of sickness must have been a courageous lot of chaps if they withstood the doses they were treated to.

What would one think nowadays of a doctor who prescribed the blood from a black cat's tail for skin troubles, live toads tied behind the ear to stop bleeding, or powdered spiders as an unfailing remedy for various diseases?

Mayerne, a French physician, who is said to have numbered among his patients two French and three English sovereigns—Henry IV. and Louis XIII. of France, and James I., Charles I., and Charles II. of England—was fond of dosing his patients with "pulverised human bones."

A chief ingredient in his gout powder consisted of "raspings of a human skull unburied." In the composition of his celebrated "balsam of bats" he employed "adders, bats, sucking whelps, earth-worms, hog's grease, the marrow of a stag, and the thigh-bone of an ox."

Dr. Boleyn (of the same family as Queen Ann Boleyn), a physician in the reign of Elizabeth, prescribed for a child suffering under a certain nervous malady, "a small young mouse roasted." The same doctor stated that "snayles broken from the shelles and sodden in whyte wyne with oyle and sugar are very holsome, because they be hoat and moist for the straightness of the lungs and cold cough."

Belief in the efficacy of charms and amulets was once universal with the faculty, and precious stones were regarded as sovereign remedies. The hyacinth and topas hung about the neck or taken in drink were certain "to resist sorrow and recreate the heart." The sapphire was "a great enemy to black cholera," and was believed to "free the mind and mend manners."

A certain kind of onyx was supposed to preserve the vigour and good estate of the whole body. One physician went so far as to declare that "in the body of a swallow there is a stone found called chelidonius, which, if it be lapped in a fair cloth and tied to the right arm, will cure lunatics, madmen, and make them amiable and merry." Herbs were also in great request, and daisy tea was accounted a certain cure for gout and rheumatism.

A formula for hair tonic which is given in the oldest book on medical practise now known — a book written at Heliopolis, where Joseph once served in the house of Potiphar—is described as a "means for increasing the growth of the hair, prepared for Schesch, the mother of Teta, the King of Upper and Lower Egypt." Dogs' teeth, over-ripe dates, and asses' hoofs were carefully cooked in oil and then grated.

As Teta lived before Cheops, this recipe for hair oil is older than the great pyramid at Gizeh, and is supposed to date back more than six thousand years.

Three drops of the blood of an angry cat gave relief to the epileptic.

The heads of venomous serpents have held an important place in medicine. A strong broth made from them and mixed with salt and spices and one hundred other remedies was employed under the name of theriac as a cure for every conceivable disease.

Curious survivals of this old belief in the efficacy of certain reptiles and insects as cures for human ills occasionally come to light, even in this advanced age. In New England, cobweb pills are supposed to be good for the ague, and in the South a certain knuckle-bone in a pig's foot is a cure for rheumatism, if it be carried in the pocket or worn suspended from a string around the neck. The spider-web pill originated in China, where all species of insects have certain positive or negative values in medicine.

WATER IN HEALTH AND DISEASE.

Many people suffer from ill health and neurasthenic symptoms continually from drinking too little water. It is especially needed for sluicing the emunctory canals—especially the kidneys, skin, and bowels—also for proper dilution of the blood, which is necessary to good circulation. It seems highly probable that death results in cholera more from the loss of water—thus making the blood too thick to circulate—than from any other cause. Next to air, water is most demanded to meet the immediate wants in the economy. For external use, it is invaluable in preserving cleanliness, and especially in removing waste matter thrown out of the skin through its millions of pores, which gives the skin a chance properly to perform its function. Cold, warm, and hot water, according as they are indicated for definite effects, may be used in baths, sponging, and other ways. Hot vapour baths, after the manner of the Turkish bath, are now in use domestically, and do most efficient work in the prevention of disease. Every family should have an apparatus in which to take them, and each member should indulge in the stimulating, exhilarating luxury once or twice a week, being assured that they are great promoters of good health, and, of course, opposed to disease. Water, either warm or cold—in its mollifying impression on over-excitable nerves and through its evaporative effects when applied to the skin—is a first class antipyretic, being both safe and efficient in a high degree.

PALE FACES.

The only really lasting remedy for a pale face is to build up the general health as much as possible by proper wholesome diet and judicious exercise. A course of calisthenics will often do wonders in bringing the roses to a colourless face. Some complexions are naturally pallid even when there is no reason to complain of ill-health. Nothing can be done in these cases. But if the pallor arises, as it frequently does, from anæmia, a remedy can often be found in an iron tonic and change of air.

SOME CAUSES OF INDIGESTION.

1. Improper food, that is, food that is not suitable, or does not agree with the person. For example, some people cannot easily digest animal fat, milk, bananas, cabbage, onions, pineapples, strawberries, etc.

2. Food cooked in a certain manner. For example, fried food, for frying toughens the food and burns the fat. Baked potatoes will digest in much less time than boiled or fried. It is the same with meats, fish and most other foods. Pastry is hard to digest.

3. Salted meats, fish, etc., are harder to digest and less nutritious than when fresh.

4. Coffee or tea may prevent or retard digestion about 33 per cent. There are no nutrients in coffee or tea.

5. Eating too much and too often.

6. Eating fruits and vegetables at the same time or meal.

7. Eating too fast and without thoroughly masticating the food and mixing it with saliva.

8. Washing the food down with liquids, as water, coffee, tea, etc.

9. Taking too much drink, or fluid with the food, especially cold liquids. Probably when much fluid is taken with the food the stomach has to get rid of it before digestion begins, else the gastric juice might be too much diluted. When cold liquid is drunk too quickly the stomach is somewhat chilled and has to regain its normal temperature before digestion can proceed. If cold drinks are taken very slowly, or sipped, the chill may be avoided.

Toast bread, no matter if a little burnt, if well masticated, is good for digestion or for dyspeptic persons.

"When troubled with indigestion, from whatever cause the sufferer obtains decided benefit by partaking of foods which contain a large per cent. of matter in a soluble form."

A legume soup will promote digestion.

HONEY AS A WHOLESOME FOOD.

Formerly honey was the principal sweet, and it was one of the items sent as a propitiatory offering by Jacob to his unrecognised son, the chief ruler of Egypt, three thousand years before the first sugar refinery was built. It would be greatly for the health of the present generation if honey could be, at least partially, restored to its former place as a common article of diet. The almost universal craving for sweets of some kind shows a real need of the system in that direction. But the excessive use of sugar brings in its train a long list of ills. That dread scourge, Bright's disease of the kidneys, is credited with being one of the results of sugar eating. When cane sugar is taken into the stomach it cannot be assimilated until first changed by digestion into grape sugar. Only too often the overtaxed stomach fails to properly perform this digestion. Then comes sour stomach and various dyspeptic phases. Professor A. J. Cook says: "If cane sugar is absorbed without change it will be removed by the kidneys and may result in their breakdown, and physicians may be correct in asserting that the large consumption of cane sugar by the 19th century man is harmful to the great eliminators—the kidneys—and so a menace to health and long life. Not only is honey the most wholesome of all sweets, but it is the most delicious. No preparation of man can equal the delicately flavoured product of the hive. Millions of flowers are brought under tribute, presenting their tiny cups of dainty nectar to be gathered by the busy rifters, and of all honey, that gathered from the Alfalfa blossoms is the finest.

A man will die for want of air in five minutes, for want of sleep in ten days, for want of water in a week, and for want of food at varying periods depending on other circumstances.

IN THE ARENA OF SPORT.

TOO MUCH REFEREE.

The All Blacks think we have too much referee in English football. Here are the views of the authors of "The Complete Book of Football" on the New Zealand system:—"Over and over again during our tour three scrums were called for to get the ball properly scrummaged when there should have been only one. Rugby in Britain, in our honest opinion, is being largely strangled by the referee.

"The British referee is undoubtedly far too fond of the scrum. If he were to see the games that we play in New Zealand he would wonder whether it is really Rugby that we play, so fast are they from start to finish.

"At Richmond somebody had perpetrated a small mistake, to begin with, and a scrum was ordered, and because something went wrong with that scrum it had to be done all over again, and again and again, and again. How are players or people to tolerate this kind of thing? This was quite enough to make any 'soccer' adherent who had turned up at Richmond that day to see what sort of game it really was that had begun to be talked about to go home firmly decided that he did not want to see any more Rugby.

"All that can be done should be done to make the game more attractive to players and spectators."

STOCK EXCHANGE GOLFERS.

On Saturday, November 17th, the Stock Exchange Golfing Society will hold a competition under handicaps for members of the Stock Exchange aged forty-five years and upwards. This event will take place at Felixstowe.

SOUTHEND'S TRAINER.

The following is an interesting account of the athletic career of Arthur Morris, the Southend United trainer. He was born at Brentwood in 1856. He has captured numerous prizes as a runner. His powers can be estimated when we state that on October 27th, 1884, he won the ten mile championship of London Bell—(open to London)—and twenty miles round. In 1887 he gained Lewis' one mile championship cup defeating Cummings, Duddle, Cox and Godwin in 4 mins. 25 1-5th secs. In February, 1886, he beat Warner in the twenty miles' world's championship and beat the record at 17, 18 and 19 miles, doing the last mentioned in 1 hr. 49 mins. 15 secs. In 1888 he went to Russia, when he brought back seventeen first prizes out of eighteen. He has trained the North London Harriers, Spartan Harriers, Stoke Newington Harriers, and was with Tottenham Hotspur for seven seasons as trainer and assistant trainer.

BOWLS NOT ATHLETICS.

In a sitting extending over four hours in London the Amateur Athletic Association's general Committee decided to support the proposition that the next Olympic games of 1908 be held in London about the middle of July, provided the games take place after the Association's general championships. As regards the English championships, Mr. A. J. C. Harvey expressed a desire to present to the Association a challenge cup to perpetuate the memory of his brother, the late Mr. C. Harvey, of the Northern Counties A.A. The offer was accepted. A suggestion from the Scottish Amateur Athletic Association that the amateur definition should be so amended as to admit of the payment of competitors' expenses was not entertained. It was announced that the profits on this year's championships amounted to nearly £280.

It was ruled that bowling, or bowls, could not be considered an athletic pursuit, and that an amateur athlete does not, therefore, lose his status under A.A.A. laws by taking part in a bowling competition for which money prizes are offered.

A WEDDING FOURSOME.

On a recent Saturday Mr. A. E. Stoddart, the famous old Middlesex and All England cricketer and international footballer, was married. In the morning he took part in a noteworthy golf foursome on the Neasden links. He was partnered by the Rev. Maxwell Tracy, the clergyman who officiated at the wedding ceremony, against Mr. George Jeffries, Mr. Stoddart's best man, and Mr. Arthur Godfrey, the organist at the church where the marriage took place. Mr. Jeffries and Mr. Godfrey won by 2 holes up and 1 to play. The party then left the links for the more important "match" of the afternoon. Mr. Stoddart, who is a scratch player at golf, has for some years been secretary of the Neasden Golf Club.

FOOTBALLERS' LOSS OF MEMORY.

Loss of memory on the football field after a blow is becoming a well attested fact, and several instances in South Wales are being cited.

When T. B. Williams, a Newport cricketer and footballer, was playing in a practice game he received what was regarded as quite a trivial blow. He resumed play, and showed very good form, but when the game was over he could remember nothing that had happened after the blow—he knew neither the result nor who had scored.

A similar experience befell Joseph, the Swansea forward and Welsh international, but in his case the lapse was so pronounced that he persisted in scrummaging for the opposing side against his own team.

THE WATER QUESTION.

A FACT perhaps not generally known to the profession, is that water as well as food, requires to be assimilated, to properly fulfil its natural offices in the system. Water is not readily incorporated into the blood serum, thinning it, increasing its solvent qualities, and lessening its plastic properties, unless it is drunk in response to thirst, such as normally follows good digestion, brisk exercise, eating salt foods a hot bath, vigorous sweating, fever, etc. Adventitious water, water taken into the stomach without appetite, or demand for it, lingers long in the digestive organs, often producing a feeling of weight, followed by sloshing, gurgling noises in the bowels very annoying to patients.

Unless measures are employed to stimulate the assimilation of water by creating a legitimate demand for it, as expressed by thirst, it is not advisable to force too much on the system. A single glass between meals and at bed-time will wash out the stomach as well as several where the individual manifests no desire for or an actual repugnance to water. Indifference to a fluid which constitutes three-fourths of the human body, is abnormal, and requires treatment, but the treatment must consist in establishing a physiological need for water in the system, not in forcing Nature by distending the digestive organs with a heavy fluid.

That this is fact, not theory, can be verified by test experience, examining the blood serum before, and after the free use of water by persons who experience no thirst at the time the water is taken. Individuals, who have sluggish circulations, care little for water, as a rule.—*Medical Brief.*

DANGER IN ARTIFICIAL TEETH.

DR. SIMPSON maintains that the use of artificial teeth is bad for old persons, because it enables them to eat meat. The teeth, he affirms, fall out naturally at a certain age, because Nature means that at this particular time of life we should limit ourselves to a vegetable diet. Dr. Simpson insists that his ideas on this point are by no means as paradoxical as they may seem to some people. The idea that teeth fall out naturally at a certain age is, however, an erroneous assumption. The best authorities on dental surgery claim that with proper care and attention the natural teeth will last as long as their owner, and experience almost supports this claim.

NEVER EAT UNLESS HUNGRY.

A PROLIFIC cause of chronic indigestion is eating from habit, and simply because it is meal time and others are eating. To eat when not hungry is to eat without relish and food taken without relish is worse than wasted. Without relish the salivary glands do not act, the gastric fluids are not freely secreted, and the best of foods will not be digested. Many perfectly harmless dishes are severely condemned for no other reason than they were eaten perfunctorily and without relish and due insalivation.

Hunger makes the plainest foods enjoyable. It causes vigorous secretion and outpouring of all the digestive fluids—the sources of ptyalism, pepsin, trypsin, etc., without a plentiful supply of which no foods can be perfectly digested.

Wait for an appetite, if it takes a week. Fasting is one of the saving graces. It has a spiritual significance only through its great physical and physiologic importance. If breakfast is a bore or lunch a matter of indifference, cut one or both of them out. Wait for distinct and unmistakable hunger, and then eat slowly. If you do this, you need ask few questions as to the propriety and digestibility of what you eat; and it need not be predigested!

THE COLOUR OF WATER.

PROF. SPRING reports on his experiments of many years to explain the colour of water He has come to the conclusion that a pure blue is the natural colour of water, for when we look through a long tube filled with distilled water against a brilliant white surface, a pure blue is seen, such as shown by the lake of Geneva in quiet weather; a colour which is not influenced by superficial or interior reflection.

When pure water becomes slightly turbid by extremely finely divided white or colourless particles floating therein, they reflect a yellow light, which unites with the natural blue into a brilliant green colour, such as is exhibited by clear lakes.

The fact that the water of ordinarily green lakes turns perfectly colourless at times, is not due to a clarification, but, on the contrary, to an influx of a reddish mud, coloured by ferric oxide, which completely neutralises the green.—*Scientific American.*

A POWERFUL NAVY MAN.

REAR-ADMIRAL ROBERT MONTGOMERIE, just gazetted to the command of torpedo and submarine flotillas, was one of the party sent into the Sinai desert to recover the bodies of the murdered Professor Palmer and his companions, and to bring the Badawi murderers to justice. He is a very powerful man, and was the Navy's heavy-weight champion of the ring. This being so, it was most unfortunate that in the year 1883, when the English occupation of Egypt was at its point of unpopularity, a foreign gentleman in a cafe in the Esbekeych, at Cairo, should choose Robert Montgomerie for the butt of much loud abuse of England and the English. Montgomerie remaining unmoved had his newspaper snatched from his hands to attract his attention. Asking in naval officer's French whether the conversation was aimed at him, and, learning that it was, the lieutenant rose at last to the occasion. Taking his adversary round the middle he hurled him through the window into the street. "Allez le repeater dans la rue," said Lieutenant Montgomerie.

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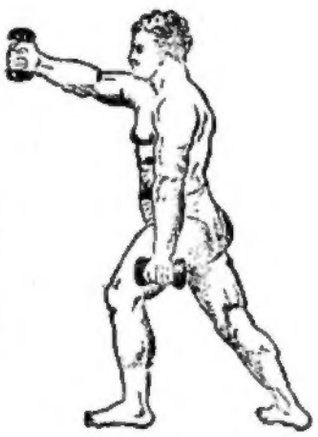

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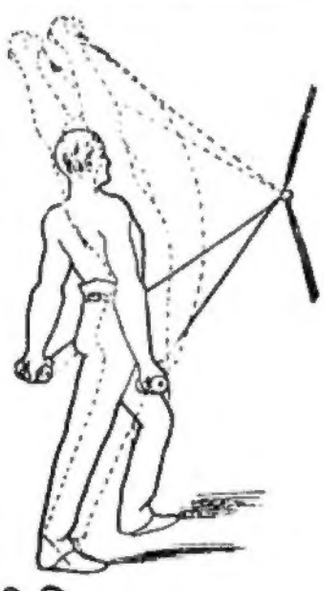

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